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Paramhansa Yogananda, we de wok fɔ yu

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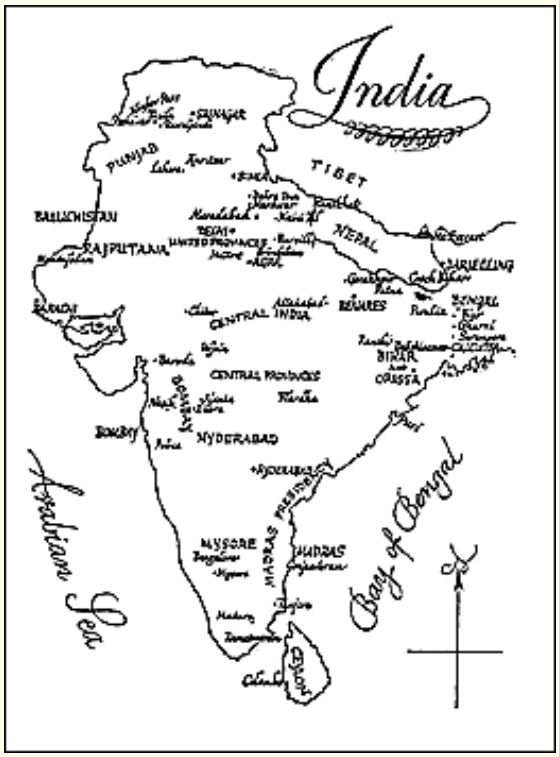

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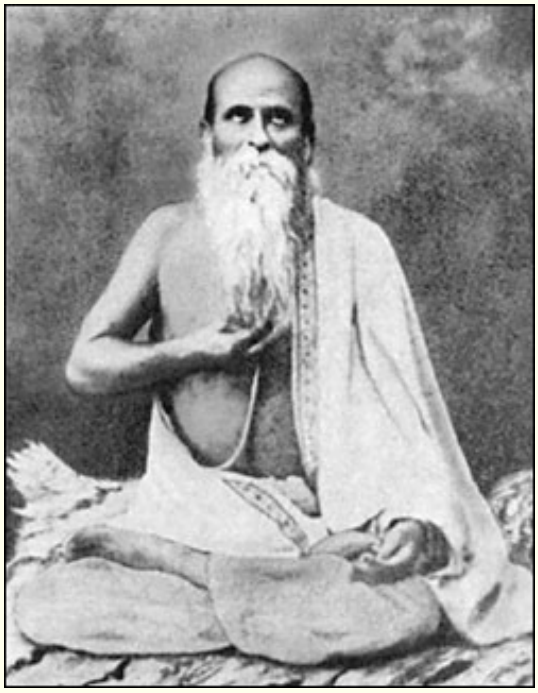

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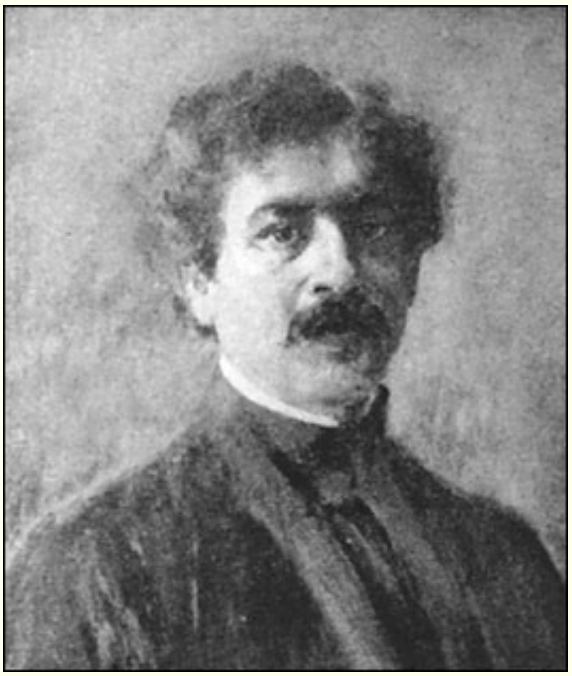

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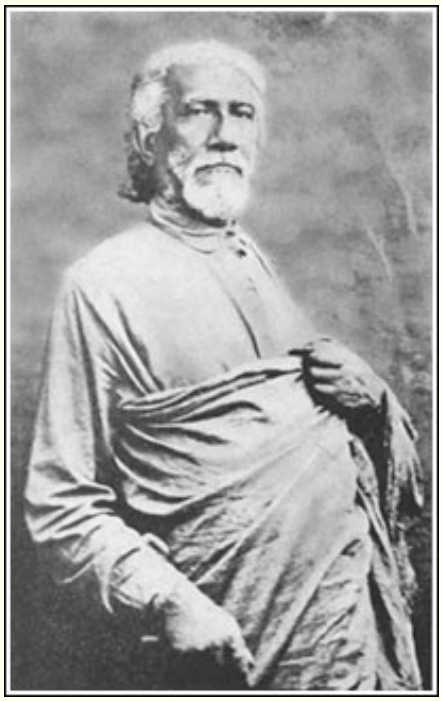

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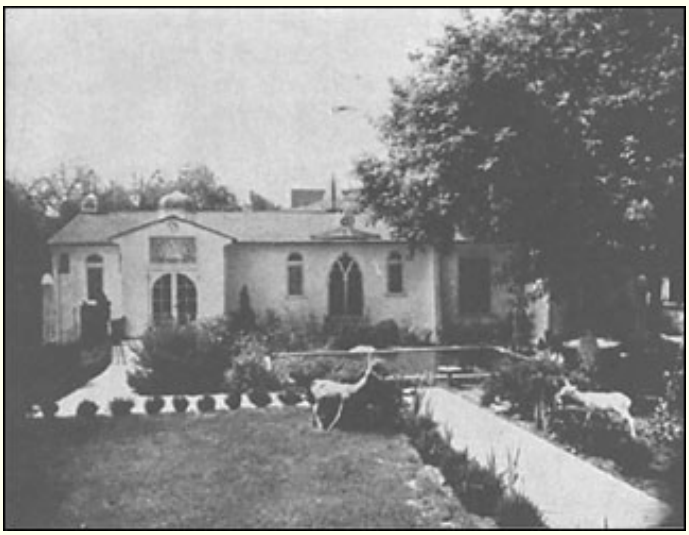

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3anis!ed di vel dɛm fɔ layt ɛn s!ed,
(ifted ɛvri vapor fɔ sɔri,
Sailed away ol dawns of fleeting oy,
Gone di dim sensory mirage)
(ɔv, et, wɛlbɔdi, sik, layf, day,
I dɔn day dɛn wan ya lay s!ado dɛn we de na di wɔl pantap di skrin ɔf tu tin dɛn we pɔsin kin du)
"ev dɛn we de laf, s0yllas fɔ sarkasm, melan0!oli0 w!irlpools,
#elt insay di big si we gɛt gladi4at)
ʼi bad bad briz ɔf *maya* stiled
$ay we ma ik we dɛn kin du wand we dɛn kin yuz ɔf ɔndastand dip)
ʼi yunivas, fɔgɛt drim, sub0ons0iously lurks, -ɛdi fɔ
invayd mi nyu4wek mɛmori divayn)
A de liv witout di 0osmi0 s!adow,
$ɔt i nɔ de, we nɔ gɛt mi;
As di si de witout di waves, $ɔt dɛn
de blo if di si nɔ de)
ʼrim, wek, stet fɔ dip *turia* slip, 5resent,
past, fiu a, nɔ de igen fɔ mi,
$ɔt ɔltɛm4prɛzɛnt, ɔl4flɔ mi, mi, ɔlsay) 5lanɛt

dɛn, sta dɛn, sta dɔst, di wɔl,)

3olkeno bursts of doomsday 0ata0lysms,

/ries!ɔn in moldin ɔfna,)

Gles!ya dɛn ɔf nɔ de tɔk ɛkstrem rayt,) we de bɔn ilɛktron wata we kin rɔn,)

1in dɛn we ɔlman de tink bɔt, we bin de
trade, we de naw, we de kam, +vri blad fɔ
gras, misɛf, mɔtalman,)
+ni patikyula ɔf ɔlsay na di wɔl dɔst,
Angri, gridi, gud, bad, sev, lust, a
swɛla, transmut ɔl
Insay wan big big si we gɛt blɔd fɔ mi yon wan
$iin. Gladi we de smok, we bɔku tɛm de mek a
tink gud wan $laynd mi yay we de kray,)
$urst into immortal flames of bliss,
/ɔnsum mi kray wata, mi freym, mi
ɔl) %u na mi, mi na %u,)
"e yu no,) "an pɔsin we no,) 6o, as "an.
1ran7uilled, unbroken t!rill, liv sote go, ever4nyu pis. +n ɔy pas
aw pɔsin kin ima in, *samad!i* ɛn ɔy.
6ɔto wan nɔ no natin stet
2 mental klorofɔm we nɔ gɛt wilful ritɔn,
Samad!i bɔt i de ɛkstɛnd mi kɔns!ɛns eria
$iyɔn di limit dɛn fɔ di mɔtalman freym
1o fart!est boundary of eternity
8say mi, di /ɔsmik Si,)
"a0! di smɔl prawd we de flɔt in #i)
'i sparo, ɛni gren san, nɔ fɔdɔm we #i nɔ de si) 2l di spes
de flɔt lɛk ays blɔk na #i mental si)
/olossal /ɔntena,) A, ɔf ɔl tin dɛn bin mek)
$ay dip, lɔng, tɔsti, guru4giv meditas!ɔn /am dis
sɛlestial *samad!i*)
#obayl de grɔmbul ɔf atɔm dɛn de dɔn yɛri,
'i dak wɔl, mawnten dɛn, vali dɛn, luk. likwid we dɔn
rɔtin. 'i si dɛn we de flɔ kin 0!en to vapour dɛn we
gɛt nebula dɛn.
Aum blow pan vapour, opin wɔndaful wan dɛn vel, *0eans
stand rivɛl, s!ayn ilɛktron,)
1ill, at las sawnd fɔ di kɔsmik drɔm,
3anis! di gros layt dɛn insay eternal rays
,ɔ ɔl4prɛvading blis)
,rɔm gladi at a kam, fɔ gladi a de liv, insay oli gladi
a de mɛlt) *0ean of mind, a de drink ol kries!ɔn in wef)
,o vel we gɛt sɔlid, likwid, vapour, layt,
(ift rayt)
#isɛf, in ɔl wetin, de kam insay di -ili #isɛf)
Gone forever, fitful, fli0kering s!ado dɛm fɔ mɔtalman
mɛmori) Spɔtlɛs na mi maynd skay, dɔ9, bifo, ɛn ay ɔp)
:ternity ɛn mi, wan yunit rayt)

"an smɔl bɔbul fɔ laf, a
Am fɔ bi di "atasay ɔf #irt! we de mek pɔsin gladi 6a insɛf sɛf)

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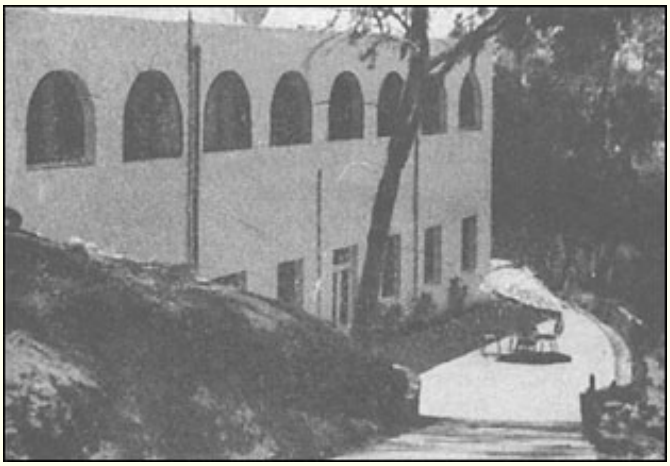

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no eart! nor metals na mi)"
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mama, a nɔ gɛt ɛni wan)
#i na Am, #i na Am, $lɛsin Spirit, #i na Am.
$ifo di flay dɛn we fansi de flay, a nɔ gɛt
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Am, #i na Am, $lɛsin Spirit, #i na In."

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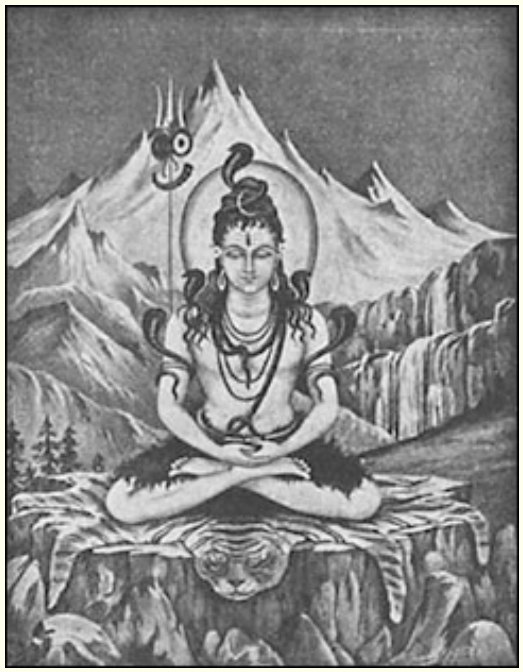

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we dɛn mek na os;
8say wɔd dɛn kam kɔmɔt frɔm di dip ɔf trut;
8say we nɔ de taya tray tranga wan strɛ0! dɛn i na an dɛn to pafɛkt pɔsin;
8say di klia strim fɔ rizin nɔ lɔs in we insay di dray dɛzat sand
we gɛt day abit;
8say %u de lid di maynd fɔ go bifo fɔ tink ɛn du tin we de
bɔku ɔltɛm;
Insay da ɛvin de we gɛt fridɔm, mi 5apa, mek mi kɔntri
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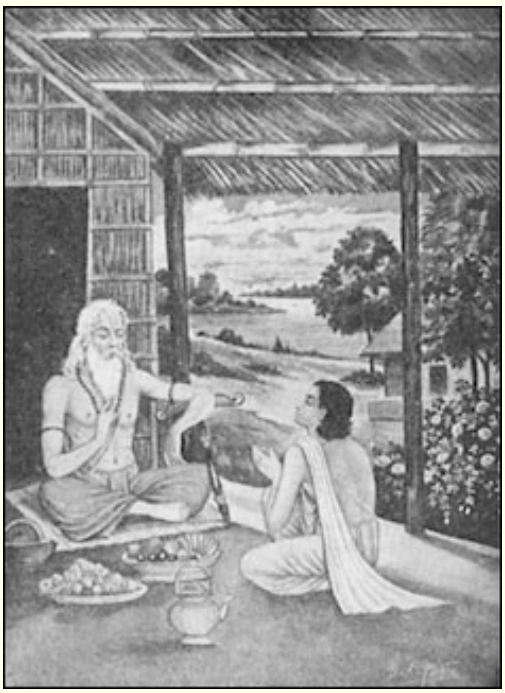

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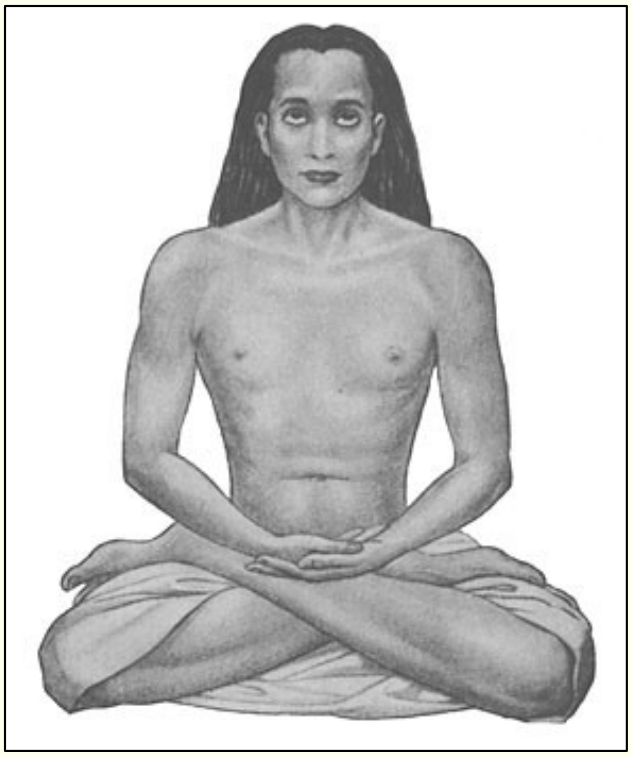

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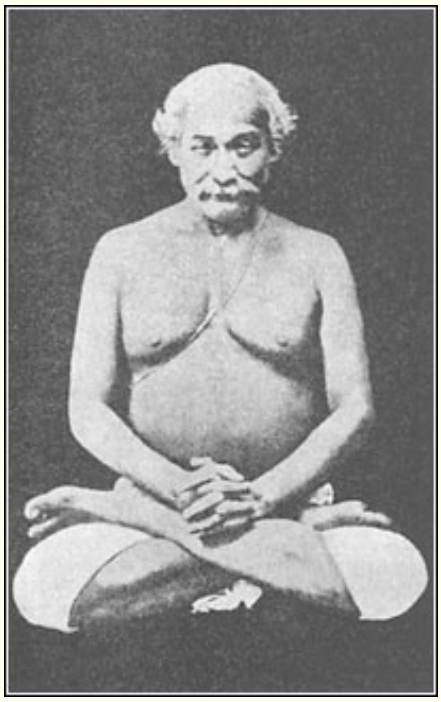

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0&AP ’(1 . 2 5.2 !i wan dɛn we de wok

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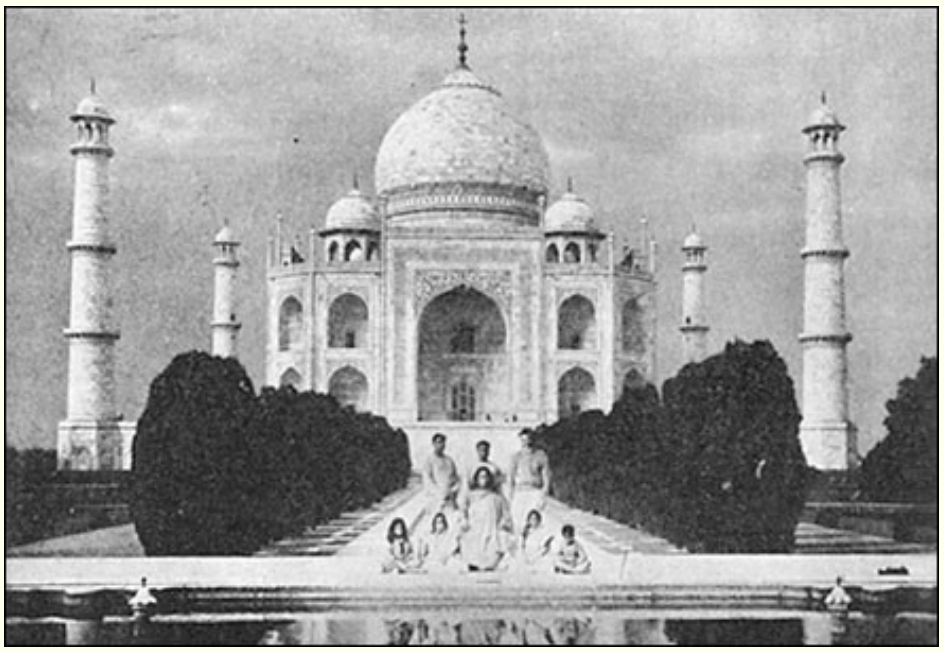

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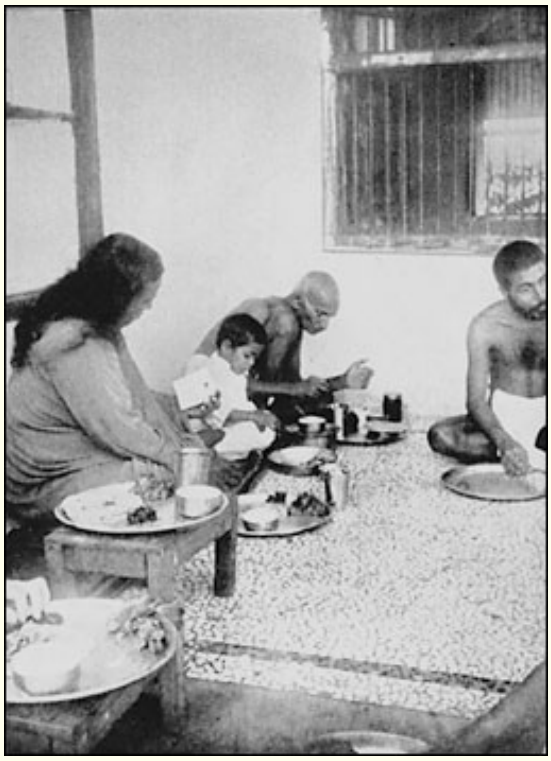

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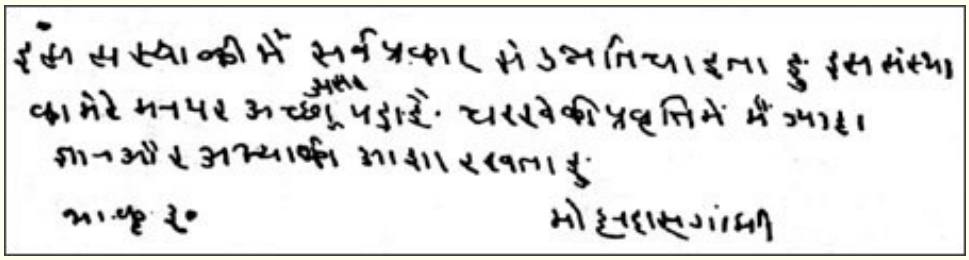

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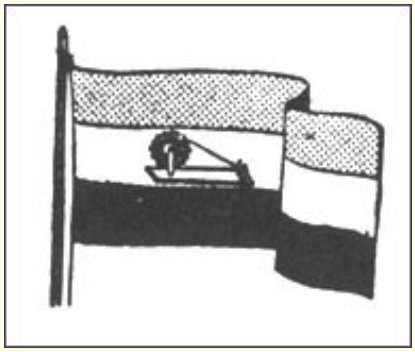

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*a >o bak o !i *εst*

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0&AP '(1 . 2 5;2 Na di 5;

Na 'nCinitas we dɛn kɔl 'nCinitas ,nsay di)alifonia

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Insay di dis wɔl, #ama, nɔn kin lɔv mi;
6a dis wɔl dɛn nɔ no lɔv divayn) 8say klin
lɔv de we gɛt lɔv&
8say pɔsin de we rili lɛk %u& 6a
de mi at rili want fɔ de)

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'i grindin wil fɔ 1aym de mar ,ul
bɔku layf fɔ mun ɛn sta +n bɔku wan
brayt smayl mɔnin4 $ɔt stil mi sol
de ma0! pan.

'aknɛs, day, ɛn tin dɛn we nɔ bin
ebul fɔ du bin de fɛt; ,ɔ blok mi rod
dɛn bin tray tranga wan;
#i fɛt wit ɛlɔs 6atureFs strong4 $ɔt
stil mi sol de ma0! pan.

. $ - 6#' ! %- D B 3 !
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* Gɔd rili fayn. * Gɔd rili

"fayn. 6a di fɔrɛst, %u na grɔn

6a di mawnten, %u de ay, In di
riva, %u drɔin restless, Insay

Zdi si, %u na grev

1o di savisful,) %u drɔin savis, 1o

"di pɔsin we lɛk, %u na lɔv

"1o di sɔri4at,) %u drɔin sɔri fɔ

Z1o di yoga,) %u drɔin ɛn ɔy

* Gɔd rili fayn. * Gɔd rili

Zfayn. 6a %u fut, *I de bow

& - 3 + 23 , " ; , "
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Paramhansa Yogananda, we de wok fɔ yu

Atikul dɛn we gɛt fɔ du wit >ɔd biEnɛs

+mɔl tin dɛn frɔm di layf we pɔsin we gɛt sɛns bin li:

& 3 $ # " *7 - 3 + & +
2 * 7 ,7 & ' 7 " 3

Fɔ bisin bɔt yusɛf nɔmɔ ɛn fɔ bisin bɔt ɔda pipul dɛn

+pirit ɛn >ɔst dɛn

, rialiti ɛn di men tin we i mek

#l kayn stori ɛn stori de bɔt spirit, gɔst, gɔblin dɛn we de fɛn trɔs, witCh, gɔl dɛn we de it bɔdi, ɛn :ampaya -n di nɔmba fɔ pipul dɛn we dɔn se dɛn dɔn mit wit dɛn pipul ya nɔto smɔl

Fɔ di bɔku kes dɛm we a mit, bɔku pan dɛn in:ol: pipul dɛm we de sɔfa wit siriɔs mental halluCinations * an pan dɛn kayn uman ya bin dɔn rid wan buk bɔt blɔd tɔsti, ɛlsh kriChɔ dɛm, ɛn in halluCinations bin so klia dat i fl se wan ghoul de sok in blɔd ɛ:ri nɛt , go wɛl ɛ:ri tɛm we i kam fɛn mi, bɔt di aidia fɔ wan nɛt ghoul bin stil de insay in maynd bikɔs di sik go kam bak , day bifo tɛm, ɛn in yon lay lay tin dɛn bin dɔn it am

Bɔku pipul dɛn bin bili: se dɛn de du ma@ik insay di .8t sɛntinari, ɛn dɛn bin lay pan bɔku bɔku pipul dɛn we dɛn bin de tink se na wiChman se dɛn gɛt lig wit di dɛbul ɛn dɛn bin day bikɔs dɛn bin tay <oan ɔf Ak na tik ɛn bɔn am na tik bikɔs dɛn bin de tek am as wiChman

* an ɔda wɔl de, di ethereal realm, we ayd biɛn dis yuni:as !i pipul dɛn we de de de insay planɛt fɔm dɛn we dɛn mek wit layt !ɛn tin ya, ɔ 7gɔst,7 nɔ de si na wi yay ɛn dɛn kin kɔntinyu fɔ de na dɛn wɔl, @ɔs lɛk aw wi kin kɔnfyus na wi fEik wɔl ,f i bin iEi fɔ mek pipul dɛn we gɛt bad bad pipul dɛn we de na di planɛt rialm go insay wi planɛt we de na di wɔl fɔ ambɔg wi, wi go li: wit fred ɛn fred sote go

* i land dɔn ɔlrɛdi gɛt inof tin dɛn we de mek wi fred ɛn we de mek wi fred Fɔ tru, >ɔd nɔ want fɔ ad pan di sɔfa we gɔst ɛn dɛbul dɛn de ambɔg wiF

Bɔt sɔm planɛt pipul dɛn de we dɛn kɔl spirit we de waka waka !ɛn spirit ya kin tay na di *ɔl bay

strɔng atakshɔn ɛn want fɔ go insay mɔtalman bɔdi fɔ yuE am as motoka fɔ dɛn sɛnsful gladi/at !ɛn tin ya kin ɔltɛm nɔ de si ɛn dɛn nɔ gɛt pawa fɔ inAɔws ɔdinari pipul dɛn *an wan tɛm, male:olent spirit dɛn kin ebul fɔ go insay ɛn gɛt pɔsin in bɔdi ɛn maynd !is kin apin nɔmɔ we da pɔsin de na in maynd nɔ balans, we dɛn maynd dɔn wik bikɔs dɛn lɛf dɛn fɔ du natin ɔ nɔ de tink, lɛk pɔsin we lɛf dɛn motoka we nɔ lɔk wit di ki dɛn insay ,f na so i bi, pɔsin we de waka waka kin go insay di motoka ɛn dray: go

+pirit dɛn we de waka waka na dɛn sol dɛn we dɔn lɔs dɛn bɔdi tru day bɔt we de kɔntinyu fɔ gɛt dip tayt padi biEnɛs wit dɛn +o, dɛn de tray ɔlkayn we fɔ yuE ɛni pɔsin in bɔdi fɔ riCh wetin dɛn want $aki, spirit dɛn we de waka waka nɔ ebul fɔ bia wit di bad bad :aybreshɔn dɛn we spiritual tink ɛn kɔnshɛns de mek !ɛn wan dɛn we rili de luk fɔ >ɔd we de tink ɛn tink gud wan bɔt Am nɔ gɛt natin fɔ fred frɔm dɛn pipul ya we dɔn lɔs ɛn we de rɔng beings Bikɔs >ɔd na di +pirit we pas ɔlman, ɛn no spirit nɔ go ebul fɔ du bad to di wan dɛn we lɛk >ɔd ɛn we de tink bɔt am ɔltɛm

Fɔ ɔndastand di kayn we aw planɛt pipul dɛn tan, wi fɔ ɔndastand wisɛf fɔs *e >ɔd mek wi, , fɔs mek wi as kɔnshɛns Frɔm in maynd we de kɔba ɔltin, na in fashɔn wi, ɛn frɔm dis we aw wi de si wi, wi na fɔs pipul dɛn we gɛt maynd Nɔto tru se we yu mek nyu tin, di fɔs tin we yu fɔ du na fɔ kɔnsɛ: wan mɔdel fɔ am na yu mayndG !ɔn yu gɛda di tin dɛn we yu nid ɛn dɔn mek da aidia de kam layf !is kin apin bak to wi kɔmpɔEishɔn ɛn di kɔmpɔEishɔn fɔ ɔl di tin dɛn we >ɔd mek *i gɛt tri nature1 di mental nature Hdi aidiaI, di ethereal nature Hdi matirial fɔ krieshɔnI, ɛn di fEik nature Hdi dense produCtI 2

!i bɔdi we wi de si gɛt .8 tin dɛn Bɔt aw dɛn bin @ɔyn dɛn kemikal tin ya we gɛt tin dɛn we pɔsin kin yuE

fɔ mek di bɔdi bi insChrumɛnt fɔ di maynd rili wɔndafulF

+ɔm pipul dɛn want fɔ bay nyu motoka ɛ:ri ia Bɔt dɛn kin fos dɛn fɔ kip dɛn ol fEik mɔdel fɔ siksti, sɛ:inti, ɔ i:in mɔ iaF ,:in we di bɔdi dɔn taya, di want fɔ kip am kin stil strɔng te >ɔd se, 7,fF (ilis mi frɔm dis bɔdiF7 !ɔn, di pɔsin kin @omp frɔm dɛn bɔdi we de rɔtin fɔ si insɛf na wan ɛti bɔdi we gɛt layt ɛn pawa !ɛn kin gladi fɔ si se dɛn gɛt di abiliti fɔ yɛri, si, ɛn tɔCh tru dɛn nyu bɔdi, ɛn dɛn nɔ gɛt bon fɔ brok ɔ bɔdi fɔ dame@

* e pɔsin day, in bɔdi kin rɔtin, bɔt in planɛt bɔdi kin stil de di sem we aw i bin de fɔs

%say dɛn sol dɛn de we kɔmɔt na di *ɔlG !ɛn de rɔm di ɛtɛ Yu kin se, 7!at nɔ pɔsibul,7 bɔt lɛ wi mek dis kɔmpiashɔn1

,f a tɛl wan mɛmba na wan primiti: trayb se myuEik de insay di ɛta ɛn dɛn kin pik am ɛn yɛri am, dɛn go laf mi, ɔ sɔntɛm dɛn go i:in panik Bɔt if a briJ redio ɛn tyu am to steshɔn we de brodkas myuEik ɛn siJ dɛn, dɛn nɔ go ebul fɔ rifyut mi klem +emweso, a kin sho ɔda pipul dɛn se ɛkstratɛritri pipul dɛn de tra:ul di ɛta, ɛn dɛn nɔ go gɛt pawa fɔ dinay am !i di wɔl we de na di wɔl de ya, pas di bɔku bɔku :aybreshɔn dɛn we de na di yuni:as we wi de si

,f pipul dɛn bin ebul fɔ si di bɔku bɔku planɛt dɛn we de na di ɛtɛ we de rawnd dɛn, bɔku pan dɛn go fred, ɛn sɔm go tray fɔ luk fɔ di wan dɛn we dɛn lɛk we dɔn day

,f yu fos dip dip pan di spiritual yay, yu kin, tru insay :ishɔn, no di raytin wɔl usay ɔl di sol dɛn we dɔn pas to di ethereal realm de li: ,nsay mɔtalman, di at de akt lɛk pɔsin we de tek am, ɛn di spiritual yay de transmit di layt ,:in if yu nɔ ebul fɔ si di wan dɛn we yu lɛk we dɔn day, if yu kol at fɔ fos yu flin pan di at, yu go no se di wan dɛn we yu lɛk we de insay bɔdi dɛn

we de shayn, we de ɛn@ɔy dɛn fridɔm frɔm di sle: we di bɔdi we wi gɛt

A si bɔku planɛt pipul dɛn we dɔn kɔmɔt na di wɔl in plen, bɔt dɛn nɔ ebul fɔ si mi a nɔ de mek misɛf si dɛn, bɔt a kin si dɛn if a want

+o, wi nɔ kin fri ɔltogɛda we wi kɔmɔt na di bɔdi we wi day * i sol dɛn kin kɔntinyu fɔ kɔba insay di tu subtil fɔm dɛn1 di planɛt Hɛna@i bɔdiI ɛn di kɔE Hdi bɔdi we dɛn kin tinkI 2

* e mɔtalman tek wan fyEikal fɔm, i kin bi pɔsin we pɔsin kin si na dis wɔl Afta in bɔdi day, i kin stil de na di planɛt wɔl as 7gɔst,7 dat na, as pɔsin we nɔ de si we gɛt maynd kapasiti ɛn di sem maynd ɛn kwaliti dɛn we bin mek i difrɛn we i bin de na di wɔl

! i pipul dɛm we de na di planɛt wɔl kin, fɔ tru, si dɛnsɛf na dɛn bɔdi we de shayn, bɔt di planɛt pipul dɛm nɔ kin si wi na di wɔl pas wi no aw fɔ go insay di planɛt wɔl tru di spiritual yay * e sol dɛn shed dɛn ɛthereal bɔdi ɛn go insay di mental stet na di kɔE wɔl, dɛn nɔ kin dɔnawe wit dɛn ɔl, bɔt dɛn kin bi tin we wi nɔ kin si ɔltogɛda, @ɔs lɛk aw tink dɛn kin bi we pɔsin nɔ de si

* e sol dɛn fri frɔm di tin dɛn we dɛn bɔdi want, dɛn nɔ nid fɔ mek dɛn bɔdi bak na di * ɔl ,gen ! ɛn sol dɛn ya kin muf bitwin di planɛt eria ɛn di kɔE paradays, dɛn kin kɔntinyu fɔ bɔdi na di planɛt plen te dɛn kin gɛt spiritual fridɔm frɔm da stet de bak * e ɔl di tin dɛn we kin mek dɛn want fɔ du sɔntin dɔn dɔn, di pɔsin kin rili fri, ɔ fri sol

,f di sol we dɔn day stil gɛt tin dɛn we i nɔ bin dɔn du frɔm in ɛgEistens na dis wɔl, i go kɔntinyu fɔ fl dɛn want dɛn de na di planɛt eria ɛn want fɔ sho insɛf insay wan bɔdi we pɔsin kin si +o, dɛn kin drɔ da sol de bak, wit in planɛt bɔdi, to wan sɛl Hwan sperm sɛll

we dɛn mek frɔm wan swɛlin ɛn eg, ɛn i kin bɔn bak as pikin we dɛn @ɔs bɔn

, nɔ mek sɛns fɔ mek pɔsin atribyut ɛni bɔdi dɛfsiɛns to insɛf sote go $ɛ wi se sɔmbɔdi lɔs in an na dis layf, ɛn di aidia bɔt da lɔs de kam insay in kɔnshɛns, kɔn:ins dɛnsɛf se dɛn nɔ go ɛ:a ebul fɔ yuE am igen * e dɛn bɔn bak, dɛn go briJ wit dɛn da flin de fɔ di an we nɔ de ,f dis negatif tinkin strɔng inof, i kin ambɔg di kriyayti: wok we di kɔnshɛns :ital akti:iti de du de mek di nyu bɔdi in an +o, pɔsin nɔ fɔ ɛ:a difayn insɛf bay di tin dɛn we nɔ pafɛkt ɛn di tin dɛn we i nɔ pafɛkt na in bɔdi !ɛn kayn tin dɛn ya we i nɔ ebul fɔ du nɔ gɛt fɔ du wit di sol, we na >ɔd in klin ɛn pafɛkt ime@

+o, yu si se bifo yu tek fyEikal fom, yu bin bi spirit, en wen yu dai, yu go bak to bi spirit wans mo * i na spirit i:in wen wi de slip, bikos wen wi de slip wi no de aware of wi sef as fsikal bodi at ol +o, sinCe yu na spirit wen yu de slip, en yu go bi spirit afta yu don dai, wetin mek spirit dem fo fredG !is na wetin yu bin de ɔltɛmKna spiritKɛn yu go bi ɔltɛmKɛn na dis yu go bi sote go

!i wangren difrɛns na dat we yu go insay di planɛt eria di tɛm we yu day, yu nɔ go ebul fɔ mek wan bɔdi we yu want lɛk di wan we yu gɛt naw Na di >ret " asta dɛn nɔmɔ we dɔn @ɔyn wit di * an we mek ɔltin go ebul fɔ du dat sol dɛn we dɔn go bifo pan +piritual go ebul fɔ mek di smɔl smɔl :aybreshɔn dɛn we di planɛt motoka de mek, mek i bi bɔdi we pɔsin kin si

* i de fred day bikɔs ɔf di pen ɛn di aidia fɔ dɔnawe wit am !at na mistek we <iEɔs)rays sho insɛf to in disaypul dɛn insay bɔdi fɔm afta i day $ahiri " ahasaya kam bak wit bɔdi ɛn blɔd di de afta i day * i dɔn sho se dɛn nɔ day

H-n di "ɛsen@a, pis de pan am, se, L!i wan we de tɔk tru pas ɔl pan una na drim na di wan we de tɔk tru pas ɔlman pan una we i de tɔkM -n, L-nibɔdi we si mi na drim tan lɛk se i si mi na rial tinMI

Pan ɔl we kes dɛn we gɛt fɔ du wit spiritual pol dɛn nɔ kin bɔku, wi nɔ fɔ se dɛn tɛstimoni nɔ kɔrɛkt

"i sɛf si mi tiCha, +ri Yuktsuwar, we bin gɛt layf bak lɛk tri mɔnt afta i day H$uk +piritual *orlds1 ,ts (eality and Nature na dis saytI

!i oli buk dɛm we gɛt sɛns se mɔtalman sol na essentially wan riAɛkshɔn fɔ di di:ayn spirit , nɔ de ɛ:a ɛkspiriɛns di pen we day ɔ di pen we dɛn bɔn am, ɛn in ɛgEistens de sote go as lɔng as ɛgEistens insɛf de bia !is sol de alay: sote go ɛn i nɔ de Chen@, i nɔ tɔCh am wit rɔtin ɛn i nɔ afɛkt bay annihilation

Bɔku tɛm, wan sik disaypul we bin de fa fawe bin drɔ mi planɛt bɔdi to am tru di trɛnk we in de:oshɔn ɛn lɔ: bin gɛt *an pan dis kayn tin bin apin ya wit wan disaypul we nem +e:a !e:i , bin bi wan disaypul we bin rili de wɔship >ɔd *an tɛm, i bin sik bad bad wan bɔt i bin kip am sikrit frɔm ɔlman *e a bin go fɛn am na ɔspitul, i bin tɛl mi se, 7!uya aks >ɔd fɔ mek i nɔ kip mi na dis bɔdi igen72

$eta, a go bak na di 'nCinitas ɛmita@ na di Pasifk kɔst, ɛn wan mɔnin a fl di transparent planɛt :aybreshɔn we +e:a !e:i gɛt wantɛm wantɛm ru in de:oshɔn ɛn spiritual lɔ:, i drɔ mi ethereal bɔdi to am *antɛm wantɛm, mi fEik bɔdi frɔE, lɛk se layf dɔn kɔmɔt pan am dɛn leta tɛl mi se +e:a !e:i kray wantɛm wantɛm se, 7+wama@i dɔn kamF7 @ɔs bifo i kɔmɔt na mi bɔdi, as i bin no se dɛn de kɛr mi go na di ɔda wɔl

$eta, a si am, in bɔdi de shayn, sidɔm na wan pan mi klas dɛn, @ɔs lɛk aw i bin apia insay in layf ,f sɔmbɔdi bin dɔn tɔCh mi da tɛm de, dɛnsɛf bin fɔ dɔn

ebul fɔ si am, pan ɔl we di wan dɛn we de na da stet de we dɛn de no bɔt >ɔd biEnɛs nɔ de alaw ɔda pipul dɛn fɔ tɔCh dɛn

* i dɔn krɔs di trɛshɔl fɔ day ɛn kam bak na layf bɔku tɛm, so wetin mek wi fɔ fred dayG , kam fɔ fri wi Na tru se wi nɔ fɔ want day, bɔt wi fɔ gɛt kɔre@ insay amKwe i kam fɔ insɛfKfɔ fri wi frɔm difrɛn prɔblɛm dɛn

Pipul dɛn kin fred day bak bikɔs dɛn kin de na dis fyuEikal priEin fɔ lɔng tɛm, te dɛn kin fred fɔ lɛf am Bɔt na ful fɔ mek pɔsin fred

Bikɔs na >ɔd want fɔ mek wi gɛt dis ol bɔdi we wi bin de yuE te wi day, wi fɔ kip am ɛn gi am di kia we wi nid

* an stori de na ,ndia bɔt wan yɔJ man we bin de day we i yɛri di kray we i de kray fɔ sɔri ɛn di pen we i bin de fl we i bin de pat rawnd am1

Nɔ insul mi sol wit yu kray fɔ sɔri fɔ mi

* e yu bigin fɔ go na di say dɛn we layt ɛn lɔ: de sote go

" i na di wan we fɔ sɔri fɔ yu ɛn sɔri fɔ yu sityueshɔn

As fɔ mi

No sik nɔ de igen afta tide

Nɔto i:in brok bon

Nɔ sɔri/at, nɔ pen we de mek pɔsin fl bad

Na bikɔs a de drim gladi ɛn swim na si we gɛt gladi at

-n a kin blo gladi/at

!ɛn dɔn ɛkstɛnd di tɛm fɔ wokF

" an nɔ no wetin go apin to am na dis wɔl , de li: midul fred ɛn saykolo@ik wɔri !i wan dɛn we dɔn pas am sɔri fɔ am ɛn blɛs am frɔm dɛn wɔl A tɔk dis to wan mama we dɔn lɔs in bɔy pikin, ɛn as a dɔn fɔ ɛksplen, wantɛm wantɛm i was in kray wata ɛn se1 7A nɔ ɛ:a fl

da kayn pis de a gladi fɔ no se mi pikin dɔn fri a bin tink se sɔntin we rili bad bin dɔn gɛt27 bin apin to am72

Bɔku pipul dɛn we dɔn go bifo pan >ɔd biEnɛs kin ebul fɔ si dɛn bɔdi we gɛt ɛtɛrik

* e di ɛtɛrik bɔdi go ɔp ɔ kɔmɔt na di bɔdi di tɛm we i day, di pɔsin we de kɔmɔt de si in bɔdi lɛk se i dɔn day !is sem ɛkspiriɛns kin apin we di wan dɛn we sabi du yoga kin pas di bɔdi we dɛn want, we kin mek dɛn ebul fɔ kɔmɔt ɛn go bak na dɛn bɔdi we dɛn want Bɔt bɔku pipul dɛn we bili: se dɛn kin du dis kin mistek Fɔ @ɔs tink bɔt fɔ ɛkspiriɛns sɔntin nɔ min se i go apin Fɔ no di we aw dɛn de du am impɔtant

* an tɛm, wan man na Nyu Yɔk kam to mi ɛn insist se i kin tra:ul etheriCally Hfrom in physiCal bodyI a tɛl am se, 7A nɔ tink soN yu de ima@in se yu gɛt da abiliti de7 Bɔt i insist fɔ tɛst mi a gri ɛn se, 7Fine, den tra:ul etheriCally ɛn go dɔJ ɛn tɛl mi wetin de apin na di restorant dɔJ de72

, bin de silent fɔ smɔl tɛm, dɔn i se, 7>ran piano de na di rayt kɔna72

A bin shɔ se i de ima@in am bikɔs in brith ɛn puls nɔmal

+o a se, 7Dn di kontri, a tink se yu go fain tu uman sidon roun wan tebul de7 , skof mi !ɔn wi go togɛda na di rɛstɔrant, ɛn no piano nɔ bin de na di kɔna, na tu uman nɔmɔ sidɔm rawnd wan tebul Fɔ dɔn, wi padi ɔndastand se in yon fantasi dɛn dɔn ful am

,nsay mi esoterik planɛt :ishɔn dɛn, bɔku tɛm a kin si tin dɛn we kin mek a fred, bɔt dɛn kin tan lɛk f m to mi !i wɔl bin min fɔ ɛn@ɔy wi, nɔto fɔ mek wi sɔfa ɔ fɔ mek wi fred -n >ɔd #lmayti bin mek di drama we , mek i kɔmpleks we nɔbɔdi nɔ go bili:, we ful/ɔp wit di kɔntradikshɔn dɛn we gud ɛn bad gɛt

* i fɔ tren wisɛf fɔ ɔndastand wi spiritual nature we ayd Bɔt dis nɔ pɔsibul as lɔng as wi de kɔnfyus wi

maynd ɔltɛm to di bɔdi we wi de si ɔltɛm * e wi de tink bɔt tin dɛn we wi gɛt ɔltɛm de mek wi lɛk prɔpati ɛn stif wi spiritual aspireshɔn dɛn * i fɔ mek >ɔd bi di impɔtant tin we wi fɔ tink bɔt na wi layf ,f wi put am dɔJ to sɛkɔndari poEishɔn, , nɔ go kam to wi, ɛn wi nɔ go kam fɔ no am ! i tɛmteshɔn dɛn na di wɔl bɔku ɛn e:er/present ! i wan dɛn we want fɔ gɛt spiritual tin dɛn fɔ mek dɛn want fɔ du sɔntin ɛn fɔ mek dɛn rod tru di bɔku bɔku fɔrɛst we gɛt tɛmteshɔn fɔ riCh na say we sef ɛn we gɛt kol at

! i ethereal planetary asCent kin bi konsius wan eOpiriens onli wen pesin enta dip stet dem of spiritual eCstasy, eOpand in ConsCiousness to a higher le:el of awareness ru dem spiritual eye, dem kin perCei:e eni point in spaCe, weda na dis wold or di ethereal realm ! ɛn kin transCend di limitations of time and spaCe bak +ɔm spiritually ad:anCed indi:iduals possess di abiliti fɔ Condense dɛn ethereal and e:en physiCal bodies into any loCation ! ɛn kɔl dis stet biloCation, ɔ dual presenCe, usay pɔsin kin de na tu ɔ mɔ ples dɛn wan tɛm ,nsay dis stet, di fyEikal bɔdi de insay wan stet we suspend animashɔn, we fba wan tranCe * e di masta riCh di ays ste@ fɔ spiritual eCstasy Hdi ste@ fɔ di:ayn noI, dɛn kin du ɔl dɛn wok dɛn nɔmal wan we dɛn de kɔntinyu fɔ de insay wan oli stet fɔ rapChɔ

! i pɔsin we de luk fɔ rɔnawe pan >ɔd nɔ go ebul fɔ du ɛni bad tin, ɛn i nɔ gɛt natin fɔ fred as lɔng as i bili: pan >ɔd ɛn ol in gayd am Bɔt we pɔsin alaw bad tin dɛn fɔ kam insay in maynd ɛn bili: se sɔmbɔdi de tray fɔ du am bad, i de gi da pɔsin de di pawa fɔ du dat

,ma@in se sɔmbɔdi de sɛn lay lay aidia to yu, ɛn yu aksept am , nɔ gɛt wan dawt se i go ambɔg yu Bɔt yu gɛt di pawa fɔ ri@ek bad tin dɛn we yu de tink bɔt Nɔ

fred di wan dɛn we gɛt bad maynd, bikɔs nɔbɔdi nɔ go ebul fɔ inAɔws yu pas yu wik pan yu maynd Fɔ fred ɛn maynd we dɔn lɔk alaw bad fɔ kam insay Bɔt we yu afɛm to yusɛf se, 7>ɔd de wit mi ɛn protɛkt mi,7 na gud nɔmɔ go kam to yu frɔm di tin dɛn we ɔda pipul dɛn de tink ,:in if sɔmbɔdi sɛn yu bad tin dɛn, dɛn nɔ go riCh yuℕ bifo dat, dɛn go ribɔnd pan di pɔsin we sɛn am, du am bad di we aw i no ɔ i nɔ no +ɔrawnd yusɛf wit >ɔd ɛn fɛn say fɔ rɔn go na ,n blɛsin nem, di pawa we strɔng pas ɔl na di yuni:as Na wan wɔl we pɔsin nɔ go ebul fɔ pas insay we ɔl di aro dɛn we de mek bad, lay lay tin, ɛn ipokrit de brok, ɛn we ɔl di bad tin dɛn we yu de tink bɔt, de kɔmɔt nia am ɛn drɛb am bak to di say we dɛn kɔmɔt ɛn usay dɛn kɔmɔtF

Nɔ pe atɛnshɔn to di pawa dɛn we gɔst dɛn we de waka waka ɛn spirit dɛn we de waka waka, ɔ to pipul dɛn we de du blak ma@ik Bɔku big ɛn kɔnstant kɔsmik fɔs dɛn de we de ple na di arena dɛn na layf)ɔsmik wɔ de bitwin gud ɛn bad Bɔt nɔ fred nɔ de fɔ di tru tru bili:a dɛn we de du tin akɔdin to dɛn fet ɛn gud intenshɔn, bikɔs gud go dɔn win

!is wɔl na pipul dɛn ɛn pawa dɛn we wi nɔ de si de gayd am1 >ɔd, in prɔfɛt dɛn, ɛn in oli wan dɛn de na wan say, ɛn +etan, in sa:ant dɛn, ɛn in wikɛd alyans dɛn na di ɔda say Big big tug/ɔf/wɔ de bitwin >ɔd ɛn in en@ɛl dɛn ɛn +etan ɛn in padi dɛn !i prɔblɛm nɔ go ebul fɔ dismiss as mere illusion ,f +etan nɔ bin de, wi nɔ bin fɔ de fɛn >ɔd in ɛp agens am ,:ɛl dɛn de ɛn i fɔ de we dɛn kin kɔntra wit ɔl di we dɛn ɛn we dɛn de du am

* e >ɔd mek mɔtalman, i mek +etan bak +etan, wit in pawa we de ful pipul dɛn, de fɔ tɛst pipul dɛn ,f faya mɛlt ayɛn, dɛn nɔ go ebul fɔ hama ɔ fɔg stɛl +o we sik ɔ pen kam, mɛmba se na tɛst we pɔsin fɔ pas Nɔ kɔmplen ɔ mek yu at pwɛl wit dɛn kayn prɔblɛm

dɛn de Bɔku big big sol dɛn dɔn day pan bad bad sik ɛn bia bɔku bɔku sɔfa +ɔm dɛn bin sɔfa wit siriɔs disabiliti, bɔt stil dɛn bin kɔntinyu fɔ gɛt fet ɛn pas wit satisfay fɔ gɛt di ay glori

* i planɛt * ɔl na wan pan di ples dɛn we pipul dɛn bɔku pas ɔl ! i wɔl dɛn de we bɛtɛ pas dis * ɔl we nɔbɔdi nɔ go ebul fɔ mɛEhɔ, we ful/ɔp wit ɔlkayn trɔbul ɛn prɔblɛm dɛn Bɔt stil, >ɔd nɔ fɔgɛt wi wit in sɔri/atɴ bifo dat, , de tray fɔ ɛp wi bɔku we dɛn fɔ win di sɔfa we wi de sɔfa ɛn di tin dɛn we de ambɔg wi

>ɔd, in en@ɛl dɛn, ɛn bɔku bɔku gud spirit dɛn de tray fɔ mek wan oli ɔda we fɔ mek wanwɔd na di * ɔl - : ri gud kwaliti ɛn bɛnif t kwaliti kɔmɔt frɔm gud spirit, bikɔs gud spirit dɛn kin plant sid dɛn ɔltɛm fɔ gud tin dɛn ɛn tin dɛn we wi want fɔ du na di grɔn na wi maynd Bɔt di sem tɛm, di kiJ na daknɛsK +etanK wit di ɛp we di wan dɛn we de fala in wikɛd spirit de ɛp am, de mek Chaos ɛn trɔbul insay di wɔl %dat pas +etan mek di @em dɛn we de mek sikG , bin briJ bɔku kayn bad bad sik, dɔn B, ɛn ɔda prɔblɛm we de kil pipul dɛn, kansa, ɛn ɔda tin dɛnKɔl na dɛbul we dɛn de yuE fɔ mek mɔtalman sɔfa Bɔt >ɔd de mek bɔku pipul dɛn we de stɔdi bɔt dis sik, mek nyu we dɛn we go bɛnif t dɛn fɔ pul sik kɔmɔt

Plɛnti gladi/at we pɔsin kin gɛt we i de du mami ɛn dadi biEnɛs wit ɔda pɔsin we ful/ɔp wit di : ayn blɛsin * e dɛn separet sɛks frɔm fetful lɔ : ɛn yuE am fɔ satisfay animal instinkt, i kin bi tul na +etan in an fɔ kip mɔtalman kɔnshɛns kapChɔ to di sɛns, we nɔ ebul fɔ ɛkspiriɛns di : ayn kɔnshɛns

* an lay lay triniti de we di dɛbul mek as sɔntin fɔ tek ples fɔ spiritual gladi gladi ! a triniti de na fɔ want fɔ du sɔntin we nɔ gɛt wan kɔntrol, fɔ want fɔ drink rɔm, ɛn fɔ want fɔ gɛt mɔni

* e Adam ɛn ,: bin gɛt sɛns fɔ du mami ɛn dadi biEnɛs, dɛn bin fɔdɔm frɔm Paradays, dɛn lɔs di di:ayn kɔnshɛns we bin dɔn alaw dɛn fɔ gɛt wanwɔd wit >ɔd insay spiritual ɛkstaEi +o, dɛn drɛb dɛn kɔmɔt na di >adin na ,dɛn Frɔm da tɛm de, dɛn dɔn fos mɔtalman fɔ bɔn pikin dɛn we gɛt fɔ du wit mami ɛn dadi biEnɛs, lɛk ɔl ɔda tin dɛn !i uman bɔn insay wan we we de mek i fl pen ɛn we at fɔ du Afta dat, di man ɛn in wɛf fɔ aksept wetin dɛn gɛt ,f dɛn gɛt pikin we de tink bɔt dɛnsɛf nɔmɔ ɛn we gɛt fɔlt, dɛn fɔ mɛn am Fɔs, dɛn bin gɛt di pawa fɔ mek ɛnitin we dɛn want tru di pawa we riEin gɛt, @ɔs lɛk aw >ɔd de Blɛsin dɛn fɔs fɔs tɛm dɛn we dɛn nɔ du natin Fɔ tru, dɛn na bin gladi ɛn glori de dɛn

-n afta ɔl dis, te go, +etan insɛf go bi insChrumɛnt na >ɔd in an +etan nɔ de kip in prɔmis to mɔtalman, ɛn dat mek, di wan dɛn we nɔ gladi ɛn we nɔ gɛt bɛtɛ maynd kin tɔn to di fetful " asta fɔ ɛp ɛn fɔ mek dɛn du wetin dɛn op se

Bɔt wi nɔ nid fɔ wet fɔ disapɔyntmɛnt fɔ mek wi tɔn to >ɔd * i nɔ fɔ put ɔl wi eg dɛn na wan baskɛt

* i nɔ fɔ @ɔs de op fɔ gɛt gladi at na di baskɛt we nɔ gɛt bɛtɛ trɛnk na di bɔdi ɛn di ɛn@ɔymɛnt dɛn we de na di wɔl fɔ shɔt tɛm

$ɛ wi, mi padi dɛn, lisin to >ɔd in :ɔys we de tɔk to wi tru wi gud tinkin >ɔd, in prɔfɛt dɛn, ɛn in en@ɛl spirit dɛn de mek dɛn fayn fayn tin ya +etan ɛn in sa:ant dɛn de mek tink ɛn tɛmteshɔn dɛn lɛk dɛnsɛf

-nitɛm we wikɛd tin krɔs yu maynd, drɛb am witout rigrɛt, ɛn di dɛbul nɔ go ebul fɔ yuE in pawa oba yu ɛn du yu bad igen " ɛmba se di tɛm we yu tink bad, yu tek wan stɛp nia di dɛbul

" an de mu: ɔltɛm, i de mu: bak ɛn go bifo bitwin gud ɛn bad

Fɔ rɔnawe pan dis shatɔl diplɔmasi, pɔsin fɔ go usay di dɛbul in an ɛn in ɛnimi dɛn nɔ ebul fɔ riCh o di at fɔ >ɔd " ɛn pis de pan yu

" ental balans bitwin Chen@ dɛm

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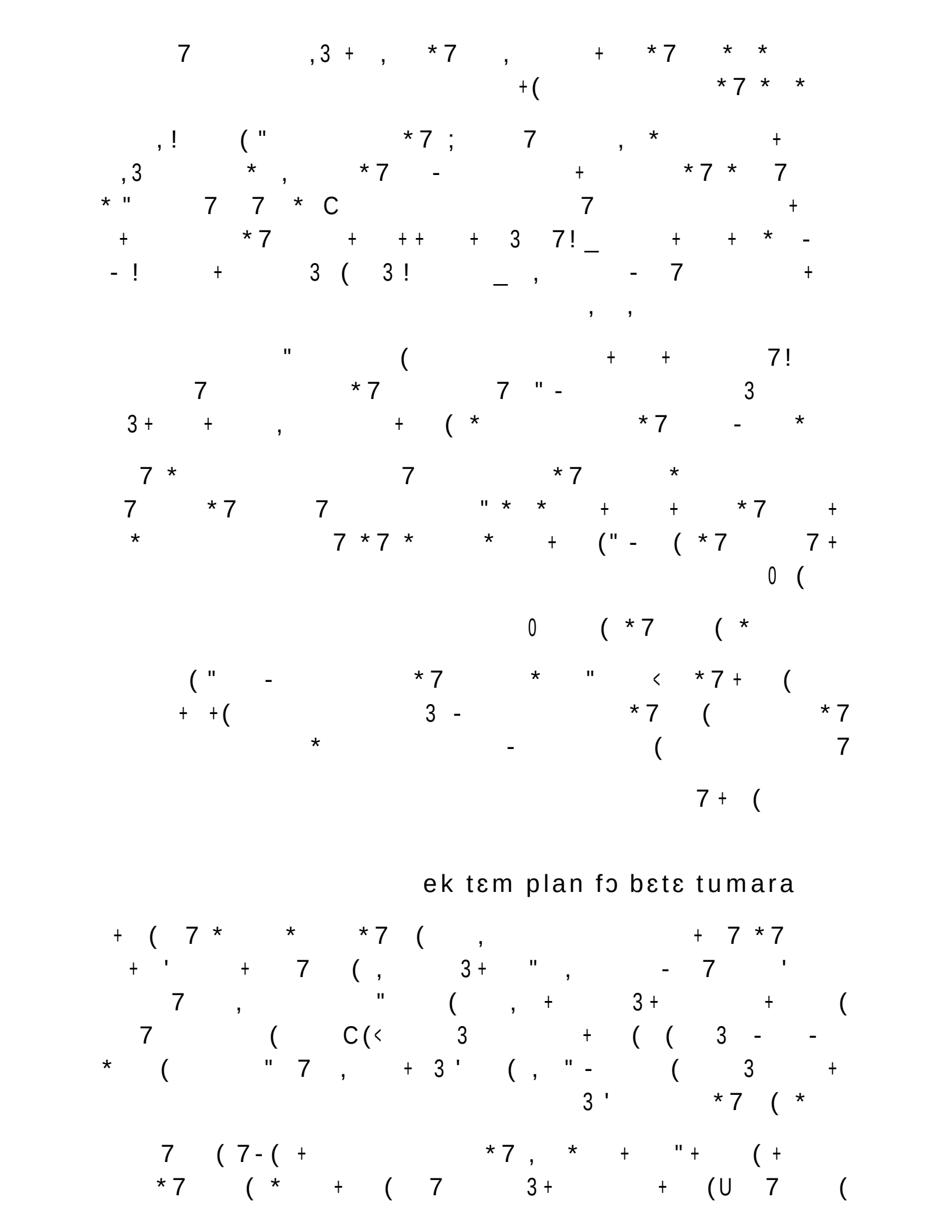

ek tɛm plan fɔ bɛtɛ tumara

Fɔ win di tin dɛn we pɔsin kin tink bɔt we i de tink bɔt sɔntin

! i dɛbul, ɔ di kɔsmik dɛpshɔn, de trap wi ɔltɛm na in trap, i de yuE wi ignoranCe ɛn nai:etP, so dat i de ambɔg >ɔd in purposes >ɔd, wit in absolyut CosmiC pawa, kin iEi fɔ win di dɛbul, bɔt , lɛk fɔ mek mɔtalman yuE in sɛns, wil, ɛn kɔnshɛns fɔ rɔnawe pan di klat dɛn fɔ bad ! i mɔ wi de pik spiritual gladi at pas Aeeting sensual gladi gladi, di mɔ di pawa we de agens am de pul in dak pawa +o, na wi fɔ wok togɛda wit >ɔd fɔ win +etan ɛn in trap dɛn

* e pɔsin les, nɔ tek tɛm, ɔ de tek tɛm, dɛn kin ɛp +etan fɔ mek i kam nia <iEɔs bin aks in disaypul dɛn fɔ pre, 7-n nɔ lid wi na tɛmteshɔn, bɔt fri wi frɔm bad7 -n insay di Dli)ɔran, wi rid se, 7+e, ℚA de luk fɔ refyu@ to mɔtalman in " asta frɔm di bad tin we di pɔsin we de wispa we de pul insɛf kɔmɔtℚ7 ! is pɔsin we de wispa nɔto wi yon mekℕ bifo dat, i de na di wɔl we gɛt bɔku tin dɛn, ɛn ɔl pipul dɛn de ɔnda am Bɔt fɔ mek >ɔd ebul fɔ fri wisɛf, , dɔn gi wi riEin, kɔnshɛns, ɛn pawa we wi want

! i we aw wi lɛk fɔ du tin we sin min fɔ trowe wisɛf pan prɔblɛm, trɔbul, ɛn trɔbul we wi nɔ go @ɛlɔs * e wi fɔdɔm ɔ slip bikɔs ɔf wi bad tin dɛn we wi de tink bɔt, wi fɔ pre se1 LD " asta, nɔ lɛf wi ya, bɔt es wi ɔp bay di pawa we sɛns ɛn wil gɛt -n afta yu dɔn fri wi frɔm di an we bad tin de ambɔg, if yu want fɔ tɛst wi, fɔs sho wisɛf to wi so dat wi go no se yu na mɔ2M alluring pas ɛni tɛmteshɔn ɛn mɔ gladi fɔ di sol ɛn sɛns pas ɛni ɛnta ɔ obsession72

As lɔng as pɔsin fl se i nɔ want fɔ dinay insɛf sɔm ɛn@ɔymɛnt dɛn we de ambɔg in wɛlbɔdi, i de ɔnda +etan in pawa ɛn i nɔ go te igen i go sɔfa di bad bad tin dɛn we go apin to am we i sɔfa pan bad bad tin dɛn we i want fɔ du Bɔt, if i bili: se di tɛmteshɔn ɔ

sɛdikshɔn na den@a ɛn i de pwɛl bikɔs i prɔmis fɔ gɛt bɔku gladi at bɔt leta i go @ɔs gi am rigrɛt, rigrɛt, ɛn kɔnshɛns we de mek dɛn sɔfa, da tɛm de dɛn go ebul fɔ win +etan

No dawt nɔ de se tɛmteshɔn gɛt in atrakshɔn * i sɛns dɛn de ɔlrɛdi dayrɛkt to di ɛksternal wɔl * an kɔrɛnt we gɛt impɔtant ɛna@i de Aɔ frɔm di bren tru di nɛ: dɛn to di yay, yes, nos, tɔJ, ɛn skin ! i sɛns dɛm we wi kin gɛt tru dɛn ɔgan ya na riEɔlt fɔ dis e@ektif kɔrɛnt, ɛn na dat mek wi kin ɛn@ɔy di sɛns ! is na aw di sɛns dɛn de wok Bɔt, pasmak indulgɛns insay dɛn gɛt in trap dRm Rn den@a dRm ,f pSsin nS gRt fSs f S Sndastand Rn no, dis e@ekti: RnR@i Hwe de fSlS to di sRns Sgan dRmI de mek dRn bi sle: to di sRns dRm

! i fay: sɛns dɛn tan lɛk fay:/bim spɔtlayt ru dis layt, wi de si ɛn ɛkspiriɛns di matirial wɔl * i kin yus fɔ ɛn@ɔy tin dɛn we de mek wi gladi fɔ di yay, yes, smɛl, teist, ɛn tɔCh ! i want fɔ ɛkspiriɛns sɔntin kin bi wan abit we dɔn bigin fɔ gro ! i prɔblɛm na dat bɔku pipul dɛn nɔ ɛ:a ɛkspiriɛns di di:ayn spirit we ayd biɛn matirial, ɛn so dɛn nɔ gɛt wan standad fɔ kɔmpia di fayn fayn tin dɛn ɛn di tin dɛn we de mek pɔsin gladi ɛn eOCiting sensory perCeptions with the indesCribable bliss of the hidden spirit No we nɔ de fɔ mek dis kayn kɔmpiashɔn pas pɔsin in maynd pas di sɛns stimuli dɛn to di say we dɛn nɔ go ebul fɔ ɛnta ɔ inAɔws dɛn ! i wangren we fɔ a:ɔyd dis trap na fɔ no, ilɛksɛf na intɛlektual ɔ tru pɔsin in yon ɛkspiriɛns, se gladi ɛn gladi at we ay pas ɔl rili de

Bɔku tɛm, di ɔda tin dɛn we dɛn kin tɛl pɔsin fɔ du ɛn di tin dɛn we dɛn kin tɛl pɔsin fɔ du fɔ lɛ wi nɔ du bad tin, na fɔ natin, bikɔs @ɔs we yu aks pɔsin fɔ lɛ i nɔ du sɔntin, i kin want fɔ du am wantɛm wantɛm

! i frut we dɛn nɔ gri fɔ mek kin swit ɛn swit fɔs, bɔt in teys kin bita lɛk gal na di ɛnd Bɔt pan ɔl di pen we pipul dɛn kin fl, dɛn nɔ kin lan ɔ ripɛnt, bɔt dɛn kin kɔntinyu fɔ du di sem tin dɛn, ilɛksɛf di bad tin we kin apin to dɛn bɔdi ɛn gud abit big

* e di prɛfɛkshɔn fɔ di sɛns ɛkspiriɛns dɛn dɔn strɔng, di abit kin tek o:a di bren ɛn tɔn to wan tyranniCal despot, we de ɔda in ɔna fɔ pul di tin dɛn we i lɛk ɛn satisfay di tin dɛn we i want we nɔ de ɛ:a satisfay ɔ we nɔ de dɔn, pan ɔl we dis de agens di pɔsin in bɛst intɛres ɛn i de agens in prinsipul dɛn

Pɔsin nɔ go want fɔ ripit wan akshɔn, yet i go si se i fɔ du am ray nɔ fɔ alaw yusɛf fɔ riCh wan say we yu go gɛt bɔku bɔku tin dɛn fɔ duK na pɔsin we de it fɔ gɛt bad bad abit dɛn we de pwɛl yu ɛn we gɛt kɔrɔpt fantasi ɛn bad tin dɛn we yu de tink bɔt Yu fɔ bi di masta fɔ yusɛf ɛn yu destiny Nɔ alaw ɛnibɔdi ɔ ɛnitin fɔ kɔntrol yu * e di want fɔ ɛkspiriɛns wan patikyula sɛns bi abit we yu sabi, da prɔsis de fɔ bi bin stɔp

A bin rili lɛk drink we fba lɛmonad +ɔm pan di studɛnt dɛn bin de gi mi da drink de we de mek a fl fayn ɛnisay we a go, so a bin de gɛt am ɔltɛm we a ebul fɔ riCh Bɔt wan de a si se mi sapɔt fɔ da drink de dɔn dɔn ɛn a mis am, bɔt a se1 7D, drink we de mek a fl fayn, yu dɔn pas yu bɔda, sa, ɛn na tɛm fɔ mek wi pat, fay:ɛlF7

! i nɛks de a bin tray fɔ tek wan doE fɔ da drink de bay wilful, ɛn a si se i de te bad bad wan ! i riEin fɔ dis na bikɔs di tin dɛn we a bin de tink bɔt di de bifo bin so strɔng dat di want fɔ am nɔ bin de igen wantɛm wantɛm

A nɔ de lɔs natin we dɛn tek frɔm mi, ɛn a nɔ gri fɔ lɛf ɛnitin No kɔmfɔt na mi bɔdi nɔ go ebul fɔ tay mi * i fɔ ebul fɔ ne:igayt ɔl di tin dɛn we de apin na layf we wi nɔ gɛt ɛnitin fɔ du wit am ɔ dipen pan am Fɔ tru, di pɔsin we de kɔntrol insɛf de mu: tru di matirial wɔl wit sɛns we gɛt disiplin, we nɔ gɛt ɔl kayn pawa, ɛn gɛt pis we de insay

, fayn fɔ gɛt di mɔni ɛn kɔmfɔt, bɔt di mɔ we pɔsin fl se i nid fɔ gɛt lɔ@ishɔn we nɔ nid, na di mɔ i de put insɛf na @el we i de na sle: * e dɛn wil ɛn sɛns de bi kapChɔ to di shakl dɛn we dɛn gɛt fɔ atak dɛn we dɛn de fl, dɛn kin lɔs dɛn spiritual awareness ɛn dɛn nɔ kin ebul fɔ kɔnɛkt wit ay le:ul dɛn fɔ kɔnshɛns Prɔfɛt ɛn rayt oli pipul dɛn bin de li: simpul layf layf, yet dɛn bin gladi ɛn satisfay wit dɛn we fɔ li: !ɛn bin li: gladi ɛn stil de so wit >ɔd na ɛ:in As fɔ di wan dɛn we de li: ɔnda di yok we dɛn nɔ no natin, we de ɔnda di prɛshɔn we dɛn want, dɛn go de na da stet de layf afta layf te dɛn nɔ gri wit tɛmteshɔn ɛn tin dɛn we de ambɔg dɛn na dis wɔl

2

Protɛkt yusɛf na di strɔng ples fɔ sɛns, bikɔs na di big ples fɔ rɔnawe ru ɔndastandin go mek yu nɔ ebul fɔ win yu, so dat natin nɔ go ambɔg yu Bɔt if pɔsin nɔ gɛt sɛns, in fɔs wok na fɔ stɔp di akshɔn ɔ di kɔmpɛlshɔn we i want we i de tink bɔt sɔntin we de mɔna am Na da tɛm de nɔmɔ pɔsin go ebul fɔ tink bɔt di tin wit sɛns ɛn tink gud wan ,f pɔsin tray fɔ tink fɔs, dɛn go fos am ɛn in yon go bi sub@ugated against oneƬs will to du wetin i nɔ want fɔ du, bikɔs obsessi:e tinkin go tek kɔntrol pan di maynd ɛn blaynd pɔsin in sɛns

,nsay dɛn kayn tin ya, pɔsin fɔ se, 7A nɔ go du am day pas fɔ mek a nɔ gɛt wan rɛspɛkt,7 ɛn lɛf di sityueshɔn ɔ ples we i nɔ de shem !is na di we we shɔ ɛn we go wok fayn fɔ rɔnawe pan di trap dɛn we di wikɛd +etan de trap am !i mɔ we pɔsin de gɛt dis trɛnk we i nɔ de ansa di tɛm we +etan de tɛmt am, na di mɔ i go gɛt mɔ gladi at, bikɔs tru tru gladi at de pan di ebul we i ebul fɔ du wetin kɔnshɛns de kɔmand wi fɔ du ɛn de protɛkt wi fɔ kam nia ɔ fɔ du sɔntin

Nɔ alaw yu en:ayrɔmɛnt ɔ di tin dɛn we yu want fɔ du fɔ brok yu wil ɔ kɔntrol yu, mi padi No se gud kwaliti ɛn spiritual layf na tin we nɔ gɛt ɛnd pas fɔ put yusɛf pan lɔst !i Chen dɛn we de tɛmt pipul dɛn kin tay pipul dɛn an ɛn futɴ nɔ mek dɛn tay yu ,f yu fɔ pre to >ɔd fɔ mek yu test ,n lɔ:, i:in @ɔs wan tɛm, ɛn yu fɔ ɛkspiriɛns da suprɛm di:ayn lɔ: de, yu nɔ go want ɛni ɔda tin afta dat, ɛn bays want nɔ go tek yu maynd ɛn at

* e yu bili: tranga wan se >ɔd na di pɔsin we de mek yu atrak pas ɔlman na di wɔl ɛn na in na di big big prɔpati, natin nɔ go ebul fɔ tɛmpt yu ɔ win di pawa we yu gɛt fɔ no wetin yu want

Fɔ no >ɔd na di tin we yu want pas ɔl ɛn di tin we yu lɛk pas ɔl, bikɔs na gladi at we go de sote go we nɔ gɛt ɛndF * i fɔ want >ɔd bikɔs na in na di balm we de mɛn ɛn di fayn mɛrɛsin fɔ ɔl wi pen ɛn sik dɛn, ɛn na in na di rial ansa to ɔl wi nid dɛn

#l wetin wi at want, bɔn fɔ, ɛn kray fɔKlɔ:, presti@, sɛns, @ɛntri, ɛn ɔl ɔda tinKwi de fɛn tru pafɛkt spiritual harmoni wit di si we gɛt gladi/at ɛn @ɛntri

!ay go bi di ɛnd fɔ pɔsin in awareness of status ɛn fame, i:in if na in na di pɔsin we gɛt nem ɛn we gɛt

pawa pas ɔlman na dis wɔl, ɛn dɛn nɔ go no igen se pipul dɛn de wɔship dɛn Bɔt prɔfɛt ɛn big big pipul dɛn, i:in afta dɛn dɔn kɔmɔt na dis wɔl, kin no gud gud wan bɔt di lɔ: we dɛn pipul dɛn we de fala dɛn gɛt fɔ dɛn bikɔs dɛn kɔnshɛns gɛt wanwɔd wit di kɔnshɛns fɔ >ɔd, di #l/No, we de li: insay ɛ:ri atom fɔ ɛgEistens, we pɔsin kin si ɛn we pɔsin nɔ kin si

+o wetin mek yu fɔ wok tranga wan ɛn tray fɔ gɛt sɔntin we yu go lɔs @ɔs afta yu kɔmɔt na dis wɔlG

" ɔni, fɔ gɛt nem, fɔ gɛt rɛspɛkt, fɔ gɛt poEishɔn, fɔ satisfay di tin dɛn we pɔsin want, ɛn fɔ gɛt kɔmfɔt we pɔsin gɛt, ɔl na tin dɛn we nɔ de tek tɛm ɛn we nɔ de tek di tru tru gladi at we oli we gɛt fɔ du wit >ɔd in spirit ɛn layt

! i tɛmteshɔn gɛt pawa @ɔs bikɔs mɔtalman nɔ ebul fɔ kɔmpia am to wetin bɛtɛ

* e di briE we de blo we di tɛmteshɔn de blo, yu ɔndastandin kin bi kapChɔ fɔ sɔm tɛm to wetin yu want ɛn abit Bɔt di ay rod fɔ fridɔm na fɔ put yusɛf insay di gladi at we nɔ de dɔn ɛn we nɔ de dɔn, ɛn so yu go iEi fɔ rɔnawe pan di magnɛtik grip we nɔ de si we tɛmteshɔn de gɛt wit in bad bad tin dɛn we kin apin, ɛn yu no se spiritual gladi at na mɔ sublaym pas di wɔl gladi ɛn mɔ in kip wit di nature of di sol

,f yu fɛn tru tru gladi at na dis layf, yu go gɛt am naw ɛn insay di layf we gɛt fɔ kam bak ! i ChukChuk na yu yon, pɔsin we de luk fɔ1 di gladi at we go de sote go fɔ >ɔd, we yu kin gɛt naw bay we yu dinay yusɛf sɔm gladi at na di wɔl, ɔ gladi at we de pas na di wɔlG * e yu maynd opin fɔ di tru tin dɛn we ay pas ɔl ɛn yu at opin fɔ di layt we de shayn, yu go no di difrɛns bitwin dɛn tu ɛn pik wetin bɛtɛ

-ni tray we yu de tray fɔ riCh di ayt dɛn ɛn go ɔp to di mawnten dɛn we gɛt fɔ du wit >ɔd biEnɛs, >ɔd go notis am, ɛn , go blɛs yu wit di bɛst blɛsin

Nɔ tink, mi padi, se yu na sina Yu na di klin ime@ fɔ >ɔd ,:in if yu na di big wan pan sina dɛn, i nɔ impɔtant, pro:id yu ripɛnt bay we yu Chen@ yu rɔng rod ɛn nɔ go ɛ:a go bak to am igen ,f yu dɔn disayd fɔ waka di rod dɛn we gud, dat min se yu nɔ de pan di wan dɛn we de sin

,:in pɔsin we sin we lɛf in kruk we fɔ wɔship >ɔd nɔmɔ wit tru tru de:oshɔn, dɛn kin kɔnt am wit di wan dɛn we de du wetin rayt ru in spiritual disayd, i go bi gud kwaliti, gro pan sɛns ɛn no, gɛt oli pis we nɔ gɛt ɛnd, ɛn ɛn@ɔy >ɔd in protɛkshɔn, sef, ɛn sef

ɔn wan nyu lif ɛn mɛmba yusɛf se yu bin ɔlwayE gud ɛn yu bin @ɔs drim se yu nɔ rayt >ɔd in at big, ɛn in domɔt opin ɔltɛm fɔ di fetful pipul dɛn we want fɔ Chen@ dɛn layf fɔ bɛtɛ ,: na bad bad drim ɔ drim we de mek pɔsin fred we nɔ gɛt ɛnitin fɔ du wit di klin we aw di sol klin

Fɔ tɛmpt pɔsin tan lɛk swit pɔyEin ɔ ɔni we gɛt pɔyEin we fayn fɔ test, bɔt i de Aɔ insay di blɔd ɛn pwɛl di bɔdi in ɔgan dɛn, so i bɛtɛ fɔ lɛ wi nɔ de nia am

!i gladi at we pipul dɛn de luk fɔ ɛn fɛn na dis wɔl na ilɛshɔn ɛn we de pas !i:ayn gladi at na sote go ɛn sote go Yia fɔ wetin de bia ɛn bi rɛsɔlɔshɔn fɔ ri@ek di gladi ɛn gladi at we nɔ de te na dis wɔl, we nɔ gɛt ɛnitin fɔ de sote go Yu fɔ gɛt dis we fɔ si tin Nɔ alaw di wɔl fɔ mek yu go rɔng ɔ drɛb yu wit in stik, ɛn nɔ ɛ:a fɔgɛt se na >ɔd nɔmɔ tru tru gladi at kin @ɔs bi we dɛn fɛn insay fɔ no di di:ayn preEɛns ɛn fɔ ɛkspiriɛns ,n gladi at we pas ɔl

" ɔtalman de insay di drim dɛn we i nɔ no natin, i de ima@in se i de sɔfa di prɔblɛm dɛn we sik, sɔri, ɛn po de sɔfa * e wan pan >ɔd in bigman dɛn bin de pre wan tɛm, i kray wantɛm wantɛm se1 LA bin tink se na mi nɔmɔ bin de na dis bɔdi we de na dis bɔdi, bɔt naw a de si di pɔsin we de sote go we i de sho insay am ! is smɔl ego, we nɔto natin pas wan bɔndɛl we gɛt bɔdi ɛn bon, nɔto mi ! i wan we nɔ gɛt ɛnd Absolut na wetin de li: na mi bɔdi Na mi tɔtal sɛf, ɛn to am a de gi mi ay ay alɛ@iM

! at no go kam wan de to ɛ:ri pɔsin we de luk fɔ tru tru, ɛn dɛn nɔ go tink bɔt dɛnsɛf igen as mɔtalman we de day, man ɔ uman Bifo dat, dɛn go no se dɛn na sol dɛn we dɛn mek lɛk di:inity >ɔd in kiJdɔm de insay mɔtalman, ɛn di spirit we pas ɔl de insay dɛn bi

! i sol de tay to di bɔdi bay wan Chen we gɛt tin dɛn we i want, tɛmteshɔn, trɔbul, wɔri, ɛn fred, ɛn i de tray fɔ fri insɛf ,f i kɔntinyu fɔ pul da Chen de we tay am to bɔdi kɔnshɛns, di di:ayn an go inta:yu wan de ɛn kɔt da Chen de, ɛn di sol go fri

! i wan dɛn we want pis na spirit fɔ protɛkt dɛnsɛf frɔm tɛmteshɔn ɛn sɔri/at tru ɔndastandin ɛn dip tink bɔt >ɔd ! i wan dɛn we nɔ de pe atɛnshɔn to >ɔd, we nɔ no se na in mek di wan ol wɔl ɛn ɔl wetin de insay, nɔ de ɛkspiriɛns ,n preEɛns ɔ si ,n layt

" editashɔn na fɔ mɛmba yusɛf bɔku tɛm se wi nɔto di limited fEik bɔdi, bɔt di absolyut, fri di:ayn spirit " editashɔn na di kɔnshɛns mɛmba fɔ pɔsin in tru tru sɛf ɛn fɔ fɔgɛt fɔ pɔsin in lay lay aydentiti ,f wan prins we dɔn Chak fɔ go na wan neba we nɔ gɛt bɛtɛ maynd ɛn, bikɔs ɔf wan tɛmporari lɔs ɔf mɛmori ɛn in tru aydentiti, bigin fɔ kray ɛn kray fɔ in kɔndishɔn, se, 7D, aw a po ɛn aw a nid ɛpF7 in kɔmpin

dɛn bin de laf am ɛn se, 7+ober up ɛn mɛmba se yu na prins, Yu AynɛsF7

+emweso, mɔtalman de insay wan stet we i de ful ɛn ful , bili: se insɛf na pɔsin we nɔ ebul fɔ ɛp insɛf, we de tray tranga wan ɛn we de wok tranga wan, we di wef dɛn we de wɔri de tos am na ɛ:ri say Na tɛm fɔ mek i wek ɛn afɛm to insɛf wit absolyut shɔ se in na spirit, we nɔ de ɔnda di Chen@ ɛn inAɔwɛns dɛn we dis wɔl de mek, ilɛksɛf i tan lɛk se dɛn faya ɛn fred , fɔ no se in na li: spark fɔ di blɛsin di:ayn spirit, ɛn se in ɛsin na klin ɛn ɔ:aAɔd gladi ,f i ripit dɛn tin ya bak ɛn bak, nɛt ɛn de, i go dɔn ɔndastand in tru tru we1 spirit we nɔ de day

Fɔ ful pipul dɛn, fɔ gridi, fɔ lɛk pipul dɛn ɛn prɔpati dɛn, fɔ bi sle: to di sɛns, fɔ nɔ no bɔt spiritual nature, fɔ nɔ du natin, ɛn fɔ li: layf we nɔ gɛt wanwɔd, we gɛt mashin, ɔl na sɔm pan di bad bad ɛnimi dɛn we de mek pɔsin gladi

!u yu wok wit maynd we gɛt strɔng rut insay di oli kɔnshɛns we de blo ɛn gro na di fl dɛm fɔ tink gud wan, dɔn yu go rili gladi, nɔto insay ilyushɔn, ɛn ɛn@ɔy layf we gɛt rɛspɛkt

* e a bigin fɔ tink gud wan, i nɔ bin ɛ:a kam na mi maynd se a go gɛt da kayn big gladi at de Bɔt as di de dɛn de pas, mi pis bin de gro ɛn mi gladi at bin de go ɔp as a de go dip dip wan insay di si dɛn we a de tink gud wan

,f pɔsin taya wit di layf we i de li:, bɔt stil i kɔntinyu fɔ ful/ɔp am wit mɔ prɔpati ɛn want fɔ gɛt nyu tin dɛn we i de fl, i de pan wan rod we nɔ rayt ɛn we kruk ɛn i fɔ Chen@ di we aw i de go !i we we shɔ se i go rɔnawe pan di inAɛns we di tin dɛn we i de tink

bɔt we i de du na fɔ li: simpul, natura layfKwe nɔ gɛt ɛnitin we de ambɔg am ɛn prɔblɛm dɛnKwe go gri wit >ɔd

* etin mek mɔtalman de li: layf we nɔ de na di wɔlG

* etin mek i de luk fɔ gladi at we di wɔl nɔ ebul fɔ gi am wit ɔl in at ɛn in at pwɛlG

" i padi dɛn, layf rili :alyu

- :ride a kin pre to >ɔd se1 L,f yu want fɔ tek ɔl wetin a gɛt, dat mek i bi yu wil, ɛn a nɔ go agens yu @ɔ@mɛnt ɛn sɛns bikɔs a no se yu want wetin bɛtɛ fɔ mi a go tray fɔ mek ɔda pipul dɛn gladi, bɔt di gladi at we yu gɛt, D " asta, de kam fɔs, ɛn na di men tin we a want fɔ du na dis layf2M

* e yu pre lɛk dis, yu kin sɔfa bɔku prɔblɛm ɛn tin dɛn we yu want, bɔt if yu kɔntinyu fɔ tinap tranga wan fɔ di bad bad tin dɛn we yu want ɛn di bad tin dɛn we yu want, >ɔd go kam nia yu ɛn gi yu in blɛsin dɛn Yu go si se in preEɛns tan lɛk wata we de rɔn we de swip ɔl di bad tin dɛn we de apin na yu layf ɛn klin yu sol kpatakpata

! i wan we de kɔntrol insɛf frɔm di bad bad tin dɛn we i want, de si se di tin dɛn we i want fɔ du we i want fɔ du mami ɛn dadi biEnɛs, de stɔp fɔ shɔt tɛm, ɛn i de lɛf biɛn @ɔs fɔ want ɛn want Bɔt di wan we de si >ɔd in layt ɛn ɛkspiriɛns in preEɛns, i fri frɔm ɛnitin we i want we de agens di we aw di sol tan

$ɛ wi pul di daknɛs wit >ɔd in layt

" ek wi win bad aidia wit gud wan

$ɛ wi win di tɛmteshɔn fɔ fɛn di suprɛm di:ayn atrakshɔn tru meditashɔn

!is na di bɛst ɛn fayn wɛpɔn fɔ fɛt di sik we dɛn kɔl obsessi:e/Compulsi:e disorder

-nitɛm we yu fl se yu wil de fɔdɔm pan wikɛd domineshɔn ɛn dɔti inAɔɛns, op pan >ɔd ɛn aks fɔ in ɛp te yu fl in blɛsin preEɛns we de drɛb ɔl bad tin dɛn ɛn ful di sol wit gladi, sɛns, pis ɛn shɔt

Pis de fɔ una

Fɔ win di inAɛns we di planɛt dɛn gɛt

" i tiCha bin tɛl mi wan de se1

7 * etin mek, " ukunda HParamhansaI, yu nɔ de gɛt planɛt armbandG7

A se, 7 ! is nid fɔ mi, tiChaG A nɔ bili: pan astrɔlɔ@i72

, ansa se1 7 ! i ishu nɔto wan fɔ fet Bifo dat, di kɔrɛkt sayɛns poEishɔn we pɔsin fɔ tek na if da sɔb@ɛkt de na tru !i lɔ fɔ gra:iti bin wok @ɔs lɛk aw i bin wok fayn bifo Nyutɔn lɛk aw i bin wok afta am ,f di wok we di lɔ dɛn na di yuni:as bin de wok bin de dipen pan mɔtalman aprɔ:al, Chaos ɛn diEayd go win72

7 ! i Charlatans dɔn briJ di ol sayɛns fɔ astrɔlɔ@i to di shemful stet we i de naw Astrɔlɔ@i na wan big ɛn riCh sayɛns, pan matematiks ɛn flɔsofk, we na di wan dɛn nɔmɔ we sabi dip pan no ɛn we gɛt strɔng grɔn pan sayɛns go ɔndastand fayn fayn wan ,f di wan dɛn we nɔ no natin mek mistek fɔ rid ɛn ɛksplen di skay ɛn si HsCribblesI instead fɔ ɔndastand27 wɔd, dis na fɔ ɛkspɛkt na dis wɔl we nɔ pafɛkt ɛn we gɛt fɔlt, ɛn pɔsin

nɔ fɔ west sɛns pan di wan dɛn we de si dɛnsɛf UwaesT72

" i tiCha kɔntinyu fɔ tɔk se1 L#l di pat dɛn na di yuni:as gɛt tayt padi biEnɛs ɛn dɛn de miks wit dɛnsɛf !i rɛgyula ɛn balans ritm na di yuni:as de bays pan ɛkshɛn@ ɔ gi ɛn tek " an, insay in mɔtalman fɔm, fɔ tinap agens tu sɛt fɔs dɛn1 di fɔs wan na di insay trɔbul we kin kɔmɔt frɔm di miks we di tin dɛn na di wɔl, wata, faya, ɛya, ɛn ɛta miks, ɛn di sɛkɔn wan na di ɛksternal pawa dɛn na di natura deCay As lɔng as mɔtalman stil de agens in layf we i de day, di tawEin Chen@ dɛn we de apin na di wɔl ɛn na ɛ:in de afɛkt amM

Astrɔlɔ@i na di stɔdi bɔt aw mɔtalman de ansa to di tin dɛn we de apin na di planɛt !i sta dɛn nɔ gɛt kɔnshɛns bɛnift ɔ bad bad tin, bɔt dɛn de pul fayn ɛn bad raytin !ɛn raytin dɛnsɛf nɔ de bɛnift ɔ ambɔg mɔtalman, bɔt dɛn de gi wan rayt we fɔ di ɛksternal prɔses fɔ balans di kɔE ɛn ifɛkt dɛn we mɔtalman dɔn mek trade

7 !ɛn bɔn pikin pan wan patikyula de ɛn awa we di sɛlestial rayt dɛn de insay matematikal agrimɛnt wit in karma ɔ in pasɔnal past ,n EodiaC Chart na kɔrɛkt pikChɔ we de tɔk bɔt in past we nɔ de Chen@ ɛn di tin dɛn we go apin tumara bambay Bɔt dis bɔn Chɔt na di wan dɛn nɔmɔ we gɛt sɛns we de gro kin rid ɔ ɛksplen am, ɛn dɛn tin ya nɔ kin bɔku72

7 !i mɛse@ we dɛn de brodkas klia wan akɔdin to di ɔrayEɔn di tɛm we dɛn bɔn am nɔ min fɔ gri se fate V di riEɔlt fɔ di gud ɔ bad tin dɛn we i dɔn du trade V bɔt i min fɔ ɛnkɔre@ ɛn wek di mɔtalman wil fɔ rɔnawe pan in kɔsmik sle: #ltin we pɔsin dɔn tay kin kɔmɔt, ɛn na in nɔmɔ gɛt di wok fɔ mek dɛn sikɔstɛms dɛn de we naw de kɔntrol in layf, ilɛk wetin dɛn tan ɛn frɔm we i

mek am27 dɛn kɔE ɛn sikɔstɛms dɛn de, i gɛt di abiliti fɔ win ɔl di tin dɛn we i nɔ ebul fɔ du bikɔs ɔf in spiritual risɔs dɛn, we nɔ de ɔnda di planɛt prɛshɔn72

7 ! i lay lay fred we pɔsin de fred fɔ fɛn astrɔlɔ@i de mek pɔsin bi ɔtomɛtik we de sɔbmissi : ely ɛn meekly dipen pan ɔtomɛtik gayd ! i waes pɔsin de win di planɛt dɛn, dat na, i de rɔnawe pan in past bay we i de transfa in allegianCe frɔm krieshɔn to di) rieta ! i mɔ we i de no se in wanwɔd wit di di : ayn spirit, di mɔ i de sle : to matter ! i mɔtalman spirit fri sote go, i nɔ de day bikɔs i nɔ de day27 bɔn, ɛn in destiny nɔ go ebul fɔ tay to di planɛt ɛn sta dɛn ɔ put am ɔnda dɛn inAɛns72

7 " an na sol we gɛt bɔdi * e i rili ɔndastand di men tin bɔt insɛf, i de lɛf ɔl di kɔs ɛn ɔpreshɔn mɔdel ɛn patɛns Bɔt if i kɔntinyu fɔ kɔnfyus ɛn nɔ gɛt in spiritual mɛmori, i go de ɔnda di ayd kɔnstrakshɔn dɛn we di lɔ fɔ di en : ayrɔmɛnt ɛn di nature gɛt72

7>ɔd na wanwɔd ɛn wanwɔd, ɛn di pɔsin we de wɔship am we gri wit am nɔ go du bad, bɔt ɔl di tin dɛn we i de du go gri wit di lɔ dɛn we de na ɛ : in insay kɔrɛkt ɛn natura we, ɛn afta dip prea ɛn tink gud wan i go f l in kɔnekshɔn wit di di : ayn spirit No pawa nɔ de we pas da insay protɛkshɔn de72

A tray fɔ ɔndastand di ɛksplen dɛn we di : enɛrabl +ɛri Yuktsuar bin gi, ɛn afta we a dɔn sɛt mɔt fɔ lɔng tɛm a se1 7 ! ɔn wetin mek yu want mi, mi dia sa, fɔ wɛr dis breslɛtG7

! i tiCha ansa se1 7Na we di pɔsin we de tra : ul riCh usay i de go, na in i @ɔstifay fɔ lɛf di dairekshɔn ɛn map dɛn Bɔt we i de tra : ul, i de tray fɔ tek ad : ante@ pan ɛ : ri fayn shɔtkat ! i ol sɛnsman dɛn bin mek bɔku we ɛn we fɔ shɔt di tɛm we mɔtalman de alien na di

wɔl fɔ ilyushɔn ɛn ful +ɔm ɔtomɛtik tin dɛn de insay di lɔ fɔ karma we di pɔsin kin ebul fɔ tyun wit sɛns fnga dɛn we gɛt sɛns72

7#l mɔtalman sik kɔmɔt frɔm we i pwɛl di lɔ we de ɔlsay na di wɔl !i Dli +kripChɔ ad:ays mɔtalman fɔ fala di lɔ dɛn we >ɔd mek, pan ɔl we i de kɔntinyu fɔ abop pan >ɔd in pawa ɔlsay ,n wok na fɔ se1Q" asta, a abop pan Yu ɛn a no se Yu kin ɛp mi, yet a go du ɔl wetin a ebul bak fɔ pul di ifɛkt dɛn we mi mistek dɛn gɛtQ ru difrɛn we dɛnKpreya, wilpower, yoga meditashɔn, fɔ aks sɛ@ ɛn oli pipul dɛn, ɛn yuE astrɔlɔ@ik breslɛtKdɛn kin stɔp ɔ nɔ ambɔg di bad bad tin dɛn we bin dɔn apin trade72

7<ɔs lɛk aw os gɛt kɔpa rod fɔ absɔb laytin, na so bak di mɔtalman bɔdi kin bɛnift frɔm difrɛn tin dɛn we de protɛkt am ransparent ilɛktrik ɛn magnɛtik raytin de mu: ɔltɛm ɔlsay na di yuni:as ɛn afɛkt mɔtalman bɔdi, fɔ bɛtɛ ɔ fɔ wɔs Frɔm trade trade, wi sɛnsman dɛn dɔn de tink bɔt aw fɔ kɔba di bad bad tin dɛn we di kɔsmik inAɔɛns dɛn we nɔ klia kin gɛt !ɛn bin kam fɔ no se klin mɛtal dɛn kin pul di planɛt rayt dɛn we de kɔmɔt na di wɔl27 CounteraCt the negati:e attraCtion of the planets !ɛn dɔn sho bak se sɔm plant kɔmpawnd dɛn kin bɛnift !i tin dɛn we kin wok fayn pas ɔl na klin, gemston dɛn we nɔ gɛt wan fɔlt, we nɔ less dan tu karat !i prɛktikal we fɔ protɛkt pipul dɛn we de stɔdi bɔt di sta dɛn nɔ kin gɛt atɛnshɔn frɔm di wan dɛn we de stɔdi bɔt di sta dɛn we nɔ de na ,ndia * an simpul, sɔm tru tin na dat, fayn fayn gemston dɛn, mɛtal dɛn, ɔ plant dɛn we dɛn kin pripia nɔ gɛt wan :alyu pas dɛn gɛt di kɔrɛkt wet, we dɛn gi dɛn dat dRn de put dRn hilin e@en dRm ya we dRn de kSntakt klos wit di skin72

A se, 7+ɔ, a go mɔs tek yu ad:ays ɛn gɛt breslɛt, bɔt di @ɔs tink bɔt fɔ win ɛlestial bɔdi dɛn kin mek a sɔprayEF7

!ɔn +ri Yuktiswar ad prɛsis instrɔkshɔn dɛn, ɛn i se1

7Fɔ @enɛral riEin a go rikɔmɛnd wan breslɛt we dɛn mek wit gold, sil:a ɛn kɔpa, bɔt insay yu spɛshal kes a go lɛk fɔ mek yu gɛt breslɛt we dɛn mek wit sil:a ɛn lid72

A se, 7+ar, wetin yu de aim fɔ ɛksaktɔliG7

!i tiCha ansa se1 7!i planɛt dɛn de rɛdi fɔ tek wan stays we nɔ gɛt padi biEnɛs wit yu, "ukanda Bɔt nɔ fred, bikɔs di:ayn prɔ:ishɔn go protɛkt yu ,nsay wan mɔnt frɔm naw, yu go sɔfa wit big big li:a disɔda !ɛn se dis sik go las fɔ siks mɔnt, bɔt bay we yu yuE di planɛt breslɛt, yu go ridyus dis tɛm to twɛnti/fo deE nɔmɔ72

!i nɛks de a go fɛn wan @ɔyla ɛn kwik kwik wan a gɛt di breslɛt, we a put pan "i wɛlbɔdi bin so gud dat a fɔgɛt di prɔfɛsi we mi tiCha bin tɔk, we bin dɔn kɔmɔt na +ɛramp ɛn go :isit na Baranasi ati deE afta wi tɔk, a fl wan pen wantɛm wantɛm na mi li:a !i wik dɛn we bin de afta dat na bin wan bad bad drim we a bin de fl bad bad wan A nɔ bin want fɔ trɔbul mi tiCha, a bin tink se a go ebul fɔ bia mi tiCha ordeal alone, with patienCe and Courage Bɔt afta twɛnti tri deE we a bin de sɔfa, mi disayd wik, ɛn a tra:ul wit tren fɔ go na Baranasi, usay +ri Yuktiswar bin wɛlkɔm mi wit ɛkstra ɔdinari wam Bɔt, i nɔ bin gi mi Chans fɔ tɛl am pray:et wan bɔt mi kɔndishɔn we bin de pwɛl Bɔku di:ɔt dɛn bin dɔn go fɛn am da de de fɔ gɛt in blɛsin Bikɔs a bin sik, a bin de go to a kɔna !i gɔst dɛn

nɔ bin kɔmɔt de te afta dɛn it i:intɛm it, we mi tiCha kɔl mi na di ɔktagɔnal :eranda na in os , adrɛs mi, i de luk fa ɛn de waka go ɛn biɛn, sɔntɛnde i de blok di mun layt1

7A tink se yu kam bɔt yu li:a disɔda Yu dɔn de fl pen fɔ twɛnti/fo deE, nɔto soG7

A ansa se1 7Yes, sa72

, se, 7!uya du di bɛlɛ ɛksesaiE we a tiCh yu72

A ansa se, 7,f yu no, sa, di kayn we aw a de sɔfa, yu nɔ bin fɔ dɔn aks mi fɔ ɛksesaiE7 Bɔt pan ɔl dat, a tray smɔl fɔ obe in kɔmand !i tiCha luk mi wit kwɛstyɔn

7Yu se yu de fl pen, ɛn a se pen nɔ de Aw dis kɔntradikshɔn go deG7

A fl diEiE, dɔn wan flin fɔ gladi gladi was oba mi, ɛn a nɔ fl di sɔfa ɔltɛm we bin dɔn mek a nɔ gɛt di blɛsin fɔ slip fɔ bɔku lɔng wiks * e a @ɔs tɔk bɔt di wɔd dɛn 7+ri Yuktsur,7 di pen bin dɔnawe wit am kpatakpata, lɛk se i nɔ ɛ:a de

A bigin fɔ butu na in fut fɔ tɛl tɛnki, bɔt i stɔp mi ɛn se1

7Fɔgɛt bɔt dat >et ɔp ɛn ɛn@ɔy di fayn fayn tin dɛn we de na di mun oba di >anges7 !i tiCha in yay dɛn bin de shayn wit gladi at as a tinap kwayɛt wan nia am a ɔndastand frɔm di we aw i de bie: se i want mek a fl se na >ɔd dɔn mɛn mi, nɔto in

-n te tide, a stil de wɛr di sem ebi ebi sil:a/lid breslɛt as mɛmento fɔ da de de, wan mɛmori we a rili lɛk we a kam fɔ no se a rili de li: wit wan pɔsin we rili ɛkstra ɔdinari ɛn spɛshal $eta, a go briJ mi padi dɛn

kam na +ri Yuktiswar fɔ mɛn dɛn, ɛn i go ɔltɛm se dɛn fɔ yuE @ɔlɔs ɔ breslɛt, ɛn preE dɛn fɔ yuE dɛn as prɔsis fɔ planɛt sɛns

Frɔm we a smɔl, a bin de fl bad bɔt astrɔlɔ@i fɔ tu riEin1 fɔs, fɔ si bɔku pipul dɛn we bin de obses wit astrɔlɔ@i wit rɛsign ɛn subser:ienCe, ɛn sɛkɔn, wan prɔfɛsi we di famili astrologer bin mek1 7Yu go mared tri tɛm ɛn wido tu tɛm7 A go de tink bɔt dis fɔ lɔng tɛm ɛn fl lɛk di sakrifays ship we de na di ɔlta fɔ triplɛ mared * an de, mi big brɔda Ananta bin tɛl mi se1

7, go fayn fɔ yu fɔ aksept yu fate, as yu ɔroskɔp Chɔt dɔn ɔlrɛdi sho se insay yu fɔs ia yu go rɔnawe kɔmɔt na os go na di &imalayas ɛn fos yu fɔ go bak +emweso, di prɔfɛsi bɔt una mared dɛn go mɔs bi tru72

* an nɛt, we i si se di prɔfɛsi na lay lay tin, i put faya pan di tawa in map ɛn put in ashis insay wan ɛn:ilɔp we i rayt pan se1 7 ! i sid dɛm fɔ past karma nɔ go ebul fɔ gro if di faya dɛm we oli sɛns bɔn am7 !ɔn i put di ɛn:ilɔp na wan ples we pipul dɛn sabi Ananta rid dis blatant Chalen@ ɛn laf wit pro:ok, se1

7Yu no f t destroy di trut iEi laik yu bon dis pies of pepa72

Fɔ tru, tri tɛm bifo a riCh man, mi famili bin tray fɔ aren@ mi ɛn@ɛ@mɛnt, ɛn a nɔ bin gri ɛ:ri tɛm, bikɔs a no se di lɛk we a lɛk >ɔd bin strɔng pas ɛni ɔda tin we a bin de tink bɔt na di wɔl we a bin de tink bɔt trade we a bin de tink ɔltɛm bɔt di sɛns we mi tiCha bin tɔk1

7 ! i mɔ pɔsin de del: fɔ no insɛf, na di mɔ in inAɔwɛns pan di wan ol yuni:as tru in transparent spiritual :aybreshɔn, ɛn di sem tɛm na di mɔ i nɔ de afɛkt di tin dɛn we de apin na do72

+ɔntɛnde a kin aks di wan dɛn we de stɔdi bɔt di sta dɛn fɔ tɔk bɔt di tɛm dɛn we a go wɔs pas ɔl akɔdin to di planɛt dɛn we a de alaynɛd, yet a bin stil ebul fɔ du ɛnitin we a bin dɔn sɛt mi maynd pan dɛn tɛm dɛn de Na tru se di sakrifays we a bin gɛt pan dɛn tɛm dɛn de bin ful/ɔp wit ɛkstra ɔdinari prɔblɛm dɛn, bɔt mi kɔnfdɛns bin gɛt gud fawndeshɔn Fet pan di:ayn prɔ:ishɔn ɛn di rayt yus fɔ wilpowerK>ɔd in gift to mɔtalmanKna a fomidabul fos, we fa fawe pas di ethereal we:es we de komot fo di planet en sta dem

A bin no se wetin di sta dɛn rayt we dɛn bɔn am nɔ min se pɔsin na pɔpet fɔ dɛn past Bifo dat, planɛt inAɔwɛns na katalis fɔ gro !i sɛlestial bɔdi dɛn de wok fɔ wek pɔsin in wil fɔ brok fri frɔm ɔl di kɔnstrakshɔn dɛn >ɔd mek ɛ:ri mɔtalman wit wan spɛshal ɛn endowed sol, ɛn dat mek ɛnibɔdi gɛt impɔtant wok fɔ du fɔ di ɔ:ala krieshɔn, ilɛksɛf da wok de na wan fɔ sɔpɔt ɔ dipens "ɔtalman se: nɔ de dipen pan di win dɛn we pɔsin kin win na do bɔt i dipen pan di win dɛn we pɔsin kin win insay di spiritual tin dɛn

+os1 Yogi in "ɛmori / *an #tobayografH,ndian Filɔsof insay di $ayf fɔ wan YogiI we Paramhansa Yogananda rayt

, -+ ; -!

Frɔm di tiChin dɛn we "asta Paramhansa Yogananda bin tiCh

*e wi luk di wɔl tide, wit ɔl in prɔblɛm dɛn, kɔmplisiti, kɔnfyushɔn, trɔbul, ignorans, ɛn kɔnAikt, i at fɔ bili: se mɔtalman dɔn go insay wan nyu ste@ fɔ di:ɛlɔpmɛnt ɛn prɔgrɛs Bɔt stil, mɔtalman dɔn lɛf biɛn di harsh, matirialist ɛ@ ɛn tek kwik, swip strid fɔ go to di threshold fɔ dis nyu pat pan in ɔpward e:olushɔn

As wi de kam nia dis atɔmik e@, bɔku pan di pawa dɛn we di tin dɛn we >ɔd mek we dɛn nɔ bin no insay di !ak ,@, dɛn de fɛn ɛn yuE am naw, we de ɛp fɔ mek di wɔl kɔmyunikeshɔn kwik kwik wan ɛn fɔ go bifo pan mɛrɛsin, agrikalChɔral biEnɛs, transpɔt, ɛn ɔda tin dɛn

Fɔ tru, di we aw dɛn de yuE tɛknɔlɔ@i tide dɔn Chen@ di we aw pipul dɛn de li: ɛ:ride lɛk aw wi dɔn no ɛn no am bad bad wan

Bɔt di dak e@ we mɔtalman dɔn bia stil de gɛt strɔng ɛn ɔlsay inAɔwɛns pan pipul dɛn !is na di riEin we mek mɔtalman de yuE ad:ans sayɛns we dɛn nɔ @ɔs de fɔ gud bɔt fɔ fd ɛn riinfɔs di bays, matirial instinkt dɛn lɛk fɔ bi selfsh, fɔ pwɛl, ɛn fɔ gridi +o, di impak we di dak e@ gɛt go de fɔ bɔku ia we de kam

!is e@ we de go ɔp dɔn gi bɔku kɔmfɔt bikɔs ɔf di ad:ans tɛknɔlɔ@ik we ɛn tul dɛn, ɛn i dɔn gi pipul dɛn bak wan digri fɔ fri tɛm we nɔ bin de bifo ,nsay di !ak ,@, pipul dɛn bin de spɛn ɛ:ri tɛm we dɛn wek ɛn ɔl dɛn ɛna@i fɔ sikyurɛt dɛn bɛsis nid ɛn fɔ de alay: Na wan rili smɔl pat pan di pipul dɛn bin gɛt inof tɛm fɔ de:ote to higher pursuits

Naw V at least na industrialised kontri dem V e:ribodi de fo dat kategori Bot wetin pipul de du fo dia fri taim and leisureG

Bikɔs dɛn nɔ no wetin mek dɛn de li: dɛn layf, dɛn de west dɛn tɛm ɛn trɛnk fɔ ɛn@ɔy dɛnsɛf we nɔ gɛt ɛnd !i a:re@ pɔsin na di * ɛst kin spɛn lɛk ffti awa so insay di wik fɔ waCh tɛli:ishɔn ,ma@in aw pipul dɛn go gladi mɔ ɛn aw di wɔl go bɛtɛ if dɛn spɛn dɛn lɔng tɛm dɛn de fɔ du tin dɛn we go mek dɛn gɛt frut na >ɔd in yayF

! i wan dɛn we de tink gud wan kin yuE dɛn tɛm wit sɛns ɛn fayn fayn wan , sɔri fɔ no se bɔku pipul dɛn dɔn kɔmɔt biɛn >ɔd ɛn in lɔ dɛn

! is na di riEin we mek di wɔl de na di kayn bad bad we aw i de naw * i wish se wi fɔ li: na wɔl we gɛt sikyɔriti, prɔsperiti, ɛn pis Bɔt i:in fɔ li: na wɔl we trɔbul gɛt in lɛsin fɔ di wan dɛn we de sho di wan dɛn we de sho ! ifrɛn tin dɛn we at ɛn bita tin dɛn de wok as mɛmba se dis wɔl nɔto wi os fɔ ɔltɛm ru sef ɛn sef nɔ de na di wɔl we de na do, ɛn fɔ dis riEin, wi fɔ fɛn >ɔd ɛn aks fɔ mek i protɛkt wi

,nsay di tɛm we pis ɛn prɔsperiti de, usay nɔbɔdi nɔ de we nɔ gɛt wok ɔ we nɔ gɛt prɔblɛm wit di en:ayrɔmɛnt, pipul dɛn de li: insay 7kwayɛt, rɛsayn frustrashɔn,7 lɛk aw di flɔsofa horeau bin tɔk am * etin mekG Na bikɔs pan ɔl we pipul dɛn de go bifo dis kayn we, dɛn kin fl angri fɔ gɛt tayt padi biEnɛs wit >ɔd ɛn dɛn kin rili want ɔda tin we nɔ de na dɛn layf

! a tin de na >ɔd

* i fɔ mɛmba se, ilɛk wetin apin na do, fɔ go bifo pan >ɔd biEnɛs, fɔ go bifo pan >ɔd biEnɛs de dipen pan di tray we wan wan pɔsin de tray ,:in insay di dak tɛm ɛn ɔnda di bad bad tin dɛn we bin de apin, sɔm man ɛn uman dɛn bin stil ebul fɔ gɛt di di:ayn no +o, wi nɔ fɔ swɛla na di spiritual tin dɛn bay di kɔndishɔn dɛn na di wɔl * i nɔ fɔ ɛ:a lɔs di impɔtant tin we impɔtant pas ɔl fɔ tray fɔ du spiritual tin dɛn

Bikɔs wi de li: insay dɛn tranga tin ya, wi kin tink bak bɔt di tumara bambay ɛn di sɔprayE dɛn we nɔ fayn we i kin gɛt ! is na nɔmal tin Bɔt if wi de tink tumɔs bɔt dɛn tin ya, ɛn if wi alaw spɛkulayshɔn ɛn

fred fɔ tek o:a wi tinkin, wi de push >ɔd kɔmɔt na wi layf ɛn mis wan :alyu Chans fɔ kɔnɛkt wit am ɛn ɛn@ɔy in protɛkshɔn

Pipul dɛn want fɔ no gud gud wan wetin go apin tumara bambay * etin mekG Fɔ mek dɛn wɔri mɔ ɛn mɔG

,f wi bin rili ɔndastand di big big lod we wi kin put pan wi maynd we wi kin sɔfa fɔ fred ɛn wɔri, wi go sɔprayE fɔ si aw wi kin ebul fɔ bia so fa * ori ɛn wɔri kin mek di maynd wik, alaw fɔ fred fɔ siep insay di sol, ɛn as a riEulta, wi kin lɔs wi saykilɔ@ik ɛn spiritual ikwal * i prɔblɛm de pan di tray we wi de tray fɔ li: na di fyuChu ɛn di past wan tɛm, instead li: insay di tɛm we wi de naw !ɛn lod ya tu ebi fɔ mek di maynd ebul fɔ bia

* i fɔ analayE wi tinkin Bɔku tɛm, wi kin rɔnawe ɔ to di fyuChu ɔ to di past !is na kɔmplit west * i fɔ li: insay di prɛsɛn ɛn ful di prɛsɛn wit tink bɔt >ɔd

No ples nɔ de na di wɔl we rili sef ɔ sef frɔm tin dɛn we de apin ɛn den@a ru protɛkshɔn de fɔ li: ɔnɛs ɛn rayt, fɔ dil wit ɔda pipul dɛn tru ɛn wit ɔl yu at, ɛn fɔ pre, tink gud wan, ɛn fɔ gɛt wanwɔd wit >ɔd

Fɔ dis riEin, wi fɔ du ɔl wetin wi ebul fɔ mek wi gɛt wanwɔd wit >ɔd !is wanwɔd sɛf na di mɛrɛsin fɔ ɛ:ri sik ɛn fɔ mɛn frɔm layf in blo ɛn di brus dɛn we tɛm de gi

* i nɔ fɔ fred wit di bad bad tin dɛn we de apin na layf ɛn bad bad drim dɛn * i nɔ fɔ fred fɔ sik, po, ɔ aksidɛnt * e wi si wisɛf na di midst fɔ prɔblɛm ɛn trɔbul, lɛ wi no di lay lay we dɛn ɛkspiriɛns ya de ɛn ɔndastand se wi kin win bad bad tin dɛn bay we wi de

tink gud wan, gud @ɔ@mɛnt, ɛn spiritual wanwɔd wit >ɔd, di say we ɔl ɛp ɛn protɛkshɔn

No protɛkshɔn ɔ sikyɔriti nɔ de ausayd >ɔd * i fɔ tɔn to am kɔmplit wan if wi want sef ɛn pis na wi maynd

, at fɔ gɛt kɔmplit satisfay na dis wɔl, we nɔto wi tru tru os * i ɛgEistens na dis wɔl na fɔ shɔt tɛm * i de ya na skul fɔ lan layf lɛsin dɛn * e wi fɔgɛt dis trut, wi trɔbul kin bigin, ɛn prɔblɛm dɛn kin rawnd wi frɔm ɔlsay

Natin nɔ f t fɔ li: fɔ pas >ɔd #l ɔda tin go pas ɛn lɛf wi wan * i fɔ luk fɔ di wan we go de sote go ɛn we go de sote go " ɔtalman lɔ: de pas ɛn i de dɔn smɔl smɔl Biɛn mɔtalman lɔ: de lay di di:ayn lɔ:, ɛn dat na di big big lɔ:, we de satisfay di at we i want ɛn we de mek di sol in tɔsti $ɛ wi ɛn@ɔy ɔl wetin >ɔd gi wi ɛn nɔ want ɛni ɔda tin * i kam na dis wɔl fɔ lan aw fɔ kam fɔ no >ɔd No ɔda riEin nɔ de fɔ mek wi de ya

! i wan dɛn we de luk fɔ >ɔd wit ɔl dɛn at go fɛn >ɔd, ɛn dɛn layf go ful/ɔp wit pis, kwayɛt, gudnɛs, ɛn gladi/at ! i want fɔ no am fɔ strɔng ɛn nɔ de Chen@, ɛn di tin dɛn we go apin go bi garanti Hdi wan we nak go yɛril ! i wan dɛn we sabi >ɔd kin gɛt gladi at ɛn gladi at ɔltɛm

! i luk fɔ >ɔd nɔto tin we nɔ gri wit mɔtalman padi biEnɛs, mared, ɔ fɔ tray fɔ gɛt bɔku prɔpati ! ɛn tin ya na impɔtant pat dɛn bak pan layf in lɛsin dɛn * etin impɔtant na fɔ difrɛns bitwin rial tin ɛn ilyushɔn, ɛn fɔ no se matirial gol ɛn tin dɛn we wi dɔn du nɔ go ebul fɔ gi wi di gladi at we wi kin want ɛn tray fɔ gɛt tru ɔl di tin dɛn we wi de tink ɛn du

!is flɔsof nɔ de mek layf blak ɔ bad bad tin

Pis de fɔ una

ru ɛn rial tin dip

rut na wɔd we shrouded in ambiguity and obsCured by muCh :agueness Na kɔnsɛpt we at fɔ ɛksplen ɛn klarify #lman gɛt kɔn:ikshɔn ɛn bili:, swɛ bay dɛn fet se na dɛn na di absolyut trut Bɔt aw pɔsin go difniti:li disayd wetin na tru ɛn rial bitwin dis bɔku bɔku aydia dɛnG

rut na ɔl tu riliti: ɛn absɔlɔb , de pas tru bɔku riliti: ste@ dɛm fɔ di:ɛlɔpmɛnt ɛn rifn bifo i riCh in absɔlɔb stet Fɔ ɛgEampul, tu pipul dɛn de tɔk bɔt wan biEnɛs prɔ@ek * an de prɔpos wan aidia we de garanti sakrifays, we di ɔda wan de ɔfr wan kɔntra/argumɛnt we de a@ɔst di sem gol bɔt wit ɔda bɛnift !ɛn ɔda pɔsin kam wit wan bɛtɛ aidia, ɛn so pan #l di we dɛn we dɛn prɔpos bin de undeniably 7kɔrɛkt,7 bɔt na insay wan riliti: sɛns

rut na wetin de briJ gladi at we go de sote go

,nsay in absolyut sɛns, ɔltin we de agens tru gladi at na lay, ɛn wetin de briJ gladi at we go de sote go na tru ru gladi at nɔto di gladi gladi we nɔ de te we de akɔmpan matirial sakrifays ɔ transiɛnt gladi, bɔt na di gladi at we de kɔmɔt frɔm di sol in wanwɔd wit in sɔs1 >ɔd Bay dis standad, yu kin @ɔ@ ɛni akshɔn we yu du bay di autkam ɛn if i go briJ yu gladi we go las ɔ nɔ Hfɔ fɔ tru, dɛn kin @ɔ@ di tin dɛn we pɔsin kin du bay di we aw dɛn kin dɔnFI

#ltimat rut na >ɔd, ɛn >ɔd na di ɔltimat rut !i wan ol yuni:as de fawndeshɔn pan dis trut tru >ɔd in

lɔ dɛn we de sote go !ɛn lɔ ya na fawndeshɔnal trut, we nɔ de Chen@, we nɔ de Chen@ atɔl ɛn we pas ɛni mɔtalman manipuleshɔn ɔ distɔrshɔn Fɔ ɛgEampul, di rayt we pɔsin gɛt na fɔ a:ɔyd fɔ kil ɔ du bad, bɔt di smɔl wan pan tu bad tin dɛn na fɔ yuE pawa fɔ protɛkt di pɔsin we nɔ du natin frɔm di wan we wikɛd ɔ fɔ protɛkt pipul dɛn we dɔn go bifo frɔm di wan dɛn we nɔ go bifo Bɔt fɔ pwɛl ɛnitin @ɔs bikɔs yu want fɔ kil na bad tin

!i lɔ we de ɔlsay na di wɔl de tɛl wi fɔ gɛt wanwɔd ɛn fɔ de nia dɛnsɛf tru lɔ:, we min fɔ lɛk ɛn fɔ gri wit wetin wi want ,f wi want fɔ fɛn di trut, i impɔtant fɔ mek wi tink ɛn du tin dɛn fayn, pan tin dɛn, pan gud abit dɛn, ɛn pan spiritual tin dɛn, we go gri wit di lɔ dɛn we go de sote go na di trut we kɔmɔt frɔm >ɔd

rut na di men tin Bɔt usay da men tin de de, ɛn aw dɛn go fɛn amG

ri we dɛn de fɔ riCh di trut1 tru di sɛns we pɔsin de si, tru di riEin we mek pɔsin de tink, ɛn tru di intuition ɔ di sɛns we di sol gɛt

,f yu sɛns we yu de si tin nɔ rayt, yu lɔ@ik dɛdukshɔn go rɔng bak Yu kin luk to di ɔrayEin ɛn si wetin tan lɛk faya bikɔs yu si smokɴ bɔt as yu de kam nia di ples, yu go si se wetin bin tan lɛk smok nɔto bin natin pas wan klawd we gɛt dɔst Fɔ no di tru tin bɔt ɛnitin, yu de abop pan yu si ɛn yɛri, ɛn bak yu sɛns fɔ smɛl, teist, ɛn tɔCh, apat frɔm di pawa we riEin gɛt Bɔt dɛn tin ya we dɛn @ɔyn nɔ go ebul fɔ bi di ɔltimat pruf fɔ tru, bikɔs if di sɛns dɛn lay, den riEin go lay bak (iEin de mek in impreshɔn ɛn riCh to in kɔnklushɔn ɛn kɔn:ikshɔn bays pan di ripɔt dɛn we i de gɛt frɔm di sɛns, bɔt di sɛns dɛn rili limited bay dɛn nature !is na di riEin we mek di prɔfɛt dɛn adrɛs pipul dɛn akɔdin to

dɛn lɛ:ɛl fɔ ɔndastand ɛn intɛlekt, bikɔs dɛnKdi pipul dɛnKsi bɔt nɔ de si bɔt nɔ de si, yɛri bɔt nɔ ɔndastand ɔ ɔndastand Hdɛn dɛf, mumu, ɛn blaynd, so dɛn nɔ de riEinIF

di mStalman in yes kin Snli no wan patikyula rRn@ Sf di :aybrRshSnN i nɔ kin ebul fɔ no di sawnd dɛn we lawd pas ɔl ɔ we nɔ de mu: ,f yu yɛri bin dɔn ayt inof, yu kin yɛri di wɔndaful, wɔndaful sawnd we di yuni:as de mek as i de sur@ tru di spes we nɔ gɛt ɛnd #ltin we de na di wɔl de mu:, ɛn dis mu:mɛnt de wit sawnd Natin nɔ de we nɔ de mu: pas na di say we di transɛndant kɔsmik spirit de, usay nɔto mu:mɛnt ɔ :aybreshɔn de ,f di di fakulti dɛm fɔ di mɔtalman spirit bin dɔn di:ɛlɔp inof, pɔsin kin yɛri sawnd dɛn we nɔ klia wit di ethereal yesKsawnd dɛn we na transparent fɔs, we de gi di bɔdi wan ay ay sɛns fɔ yɛri

+emweso, if di pawa we yu yay gɛt bin amplify, yu go si layt dɛn we gɛt ɔl kayn kɔlɔ ɛn kayn Yu fyEikal yay dɛn de sho yu @ɔs wan rili limited rɛn@ ɔf layt, we yu spiritual Hɛtiril yay de si di tru tin dɛn we de apin as ime@ dɛn we dɛn mek wit di kriyayti: layt we >ɔd mek Yu ɔl bɔdi, we yu si as wan dense mas ɔf bɔdi, nɔto natin pas ilɛktromagnetik we: dɛn !ɔktɔ)rayl bin sho se di bren fɔ wan day kaw, ɛn bak di bren fɔ mɔtalman we dɔn day, de pul bɔku bɔku ilɛktrik raytin * e yu lɔk yu yay, na daknɛs nɔmɔ yu kin si Bɔt wit spiritual di:ɛlɔpmɛnt, yu go ebul fɔ si wɔndaful layt dɛn ɛn di layt de shayn na daknɛs, ɛn di daknɛs nɔ dɔn no am Hdi layt na di ɛ:in ɛn di wɔlI

!is na impɔtant tru tin dɛn we mɔtalman nɔ kin no bikɔs dɛn sɛns kin @ɔs gri wit smɔl smɔl :aybreshɔn dɛn we kin mek dɛn shek bad bad wan

,ntuition ɔ ri:yu1 di pawa we di spirit we de kɔba ɔltin fɔ no gɛt

+o aw wi go no di trut we ayd biɛn di sɛns ɛn di we aw dɛn de si tinG !is nɔ pɔsibul tru analisis ɔ rayshɔnal ɛksplɛnChɔn, bikɔs di maynd tay to di sɛns ɛn i kin @ɔs pul wetin di sɛns dɛn de gi , nɔ gɛt ɛni kapasiti fɔ no di pawa dɛn we nɔ gɛt ɛnd we de rawnd am Na bay we dɛn kɔlti: di intuition fɔ di sol ɔ sɔm intuition nɔmɔ dɛn go no di trut ,nsayt na dairekt sɛns, nɔto tru di sɛnsKna klin, tru, ɛn kɔrɛkt flin fɔ di sol ɔltɛm

Yu kin gɛt aydia bɔt di kayn we aw dis intuition tan frɔm dɛn sɛns dɛm we yu kin gɛt bɔt yu nɔ kin ebul fɔ ɛksplen, sɔmtɛm dɛn kin kɔl am 7pɔsin in at na dɛn gayd7 Yu kin fl se sɔntin de kam fɔ apin we yu nɔ gɛt ɛni sɛns pruf Na tru we de sho insɛf we nɔ gɛt ɛni lɔ@ik kɔnekshɔn to tin dɛn we apin Yu kin sidɔm kwayɛt wan de tink bɔt pɔsin we yu nɔ si ɔ kɔntakt fɔ lɔng tɛm, ɛn afta dat wantɛm wantɛm yu mit dɛn ɔ yɛri frɔm dɛn Aw dat bin apinG , kin apin tru Aeeting Aashes of intuition #lman dɔn ɛkspiriɛns dɛn kayn Aash ya

" istek we dɛn kin mek pan @ɔ@mɛnt kin kɔmɔt frɔm we dɛn nɔ gɛt sɛns " ɔs pipul dɛn kin fl dip dip wan se dɛn ebul fɔ du big tin ɛn a@ɔst big tin dɛn na layf, bɔt bikɔs dɛn nɔ gɛt pawa fɔ ɔndastand, da layt pɔtnɛshɛl de stil de slip Fɔ mek pɔsin gɛt sakrifays ɛn a:ɔyd di nɔ gladi we mistek kin mek pɔsin nɔ gladi, pɔsin fɔ tray fɔ ɔndastand di tru tin we de ɔnda ɔltin !is na bay we i @ɔs ebul fɔ du intuiti: sɛns !at na di praCtiCal reality of the matter +o, a de ad:ays ɔlman fɔ luk fɔ di trut pan ɔltin, ilɛksɛf na dɛn rilayshɔn wit ɔda pipul dɛn, na dɛn wokples, na dɛn maredKin shot, insay ɛ:ri

pat na layf ,ntuition impɔtantɴ i rili impɔtant ɛn dɛn nɔ go ebul fɔ lɛf am

,f pɔsin nɔ ebul fɔ ɔndastand sɔntin, i kin mek i nɔ disayd fɔ du gud ɛn i kin du tin dɛn we i nɔ kin tek tɛm du, mɔ we i de pik biEnɛs patna dɛn we dɛn nɔ kin abop pan ɔ we i kin @ɔyn pan pɔsin in yon rilayshɔnship we nɔ fayn Bikɔs riEin nɔ bɔku ɛn di infɔmeshɔn we di sɛns dɛn kin gi kin mek i nɔ ebul fɔ du am, if dɛn ful di sɛns, pɔsin kin si pɔsin as pɔsin we rili wɔndaful we i nɔ no di tru we aw i tan

yu kin tink se yu dɔn fɛn yu layf patna Hyu solmɛtI ɛn mared da pɔsin de, na fɔ mek yu rilayshɔnship dɔn wit day:ɔs ɔ li: ɛl we nɔ gɛt wanwɔd bikɔs ɔf inkɔmpatibiliti ɛn nɔ gɛt wanwɔd Bɔt insay intuition nɔ de mek dɛn kayn mistek ya , nɔ de si di magnetism we de kɔmɔt frɔm di yay ɔ di Charming, radiant fesɴ bifo dat, i de no ɛn no klia wan wetin de insay da pɔsin de in at ɛn no dɛn fɔ udat dɛn rili bi

ɛnki fɔ di intuition we a di:ɛlɔp wit di ɛp fɔ mi big tiCha, +ri Yuktiswar, a nɔ ɛ:a rɔng bɔt mɔtalman nature " i insay sɛns dɔn ɔlwayE bi big ɛp to mi pan dis bɔt a nɔ de tray fɔ si di negatif sayd fɔ pipul dɛn Fɔ mek a ebul fɔ ɛp ɔda pipul dɛn, a de gi dɛn mi lɔ: we nɔ gɛt kɔndishɔn, i:in we a no se dɛn kin yuE mi trɔst fɔ dɛn yon pasɔnal bɛnift

Bɔku pipul dɛn we nɔ gɛt intuition de in:ɛst mɔni fɔ fayl faynɛns :enChɔ ɛn, as a riEulta, dɛn kin lɔs ɔl wetin a dɔn gɛt sakrifays pan ɛ:ri disiEhɔn we a dɔn mek tank to mi intuition we nɔ de mek mistek

As pɔsin de gro ɛn di:ɛlɔp, intuition de kɔmɔt as difrɛn flin ɔ kwayɛt :ɔys Bikɔs uman dɛn kin atɛnd flin pas man dɛn, dɛn kin @ɔs gɛt big intuition, pas

nɔmɔ we imɔshɔn win " an dɛn kin @ɔs gayd dɛn bay riEin, we uman dɛn kin gayd bay flin ,f man gɛt fayn maynd ɛn sɛnsiti: nature, dis balans bitwin riEin ɛn flin go nɔ gɛt wan dawt fɔ ɛp am fɔ di:ɛlɔp ɔndastand

Fɔ no di riEin fɔ layf tru intuition

,f yu yuE yu intuition, yu go no di riEin fɔ yu ɛgEistens na dis wɔl, ɛn we yu ɔndastand da riEin de, yu go gɛt gladi at !is wɔl na ste@, ɛn >ɔd na di dairekta ,f ɔlman insist fɔ ple di rol fɔ di kiJ ɔ kwin, no saksesful ple nɔ go de !i sa:ant, di hiro, ɛn di kiJ ɔl fɔ ple dɛn pat fɔ mek di ple go bifo Na di wikɛd pipul dɛn we de pwɛl di gud plot fɔ di di:ayn ple !i wan dɛn we de pik dɛn wok dɛn de go pe bɔku prayE fɔ we dɛn nɔ obe >ɔd in gayd

, nɔ mata di poEishɔn we pɔsin gɛt na di wɔl ɔ di @ɛntri we i gɛda, dɛn nɔ go ebul fɔ tek am se i dɔn gɛt sakrifays if i yuE we dɛn we nɔ de du wetin rayt fɔ riCh wetin i want ɛn gɛt ru gladi at kin apin nɔmɔ we pɔsin de ple in wok kɔrɛkt wan, ɛn nɔto ɔda we !i wan we de ple di rol fɔ di milyɔnaria ɛn di wan we de ple di rol fɔ di smɔl biEnɛsman ikwal na >ɔd in yay, bikɔs di $as !e, >ɔd go du am strip eaCh of their possessions and titles * etin yu kip insay yu sol na wetin go akɔmpan yu afta yu kɔmɔt na dis wɔl

!i big ɛn pipul dɛn we lan buk, prɔfɛt ɛn sɛnsman dɛn, no di trut bikɔs ɔf dɛn intuiti: pawa !ɛn nɔ @ɔs de si tin wit dɛn yay ɛn maynd, bɔt dɛn de si tin bak tru dɛn klia ɛn rili di:ɛlɔp intuition, we dɛn de yuE fɔ no ɔltin

Nɔto di wok we wi de du impɔtant na >ɔd in yay, bɔt aw wi de ple am Nɔ kray ɔ pwɛl at if yu wok at Fɔ du yu wok kɔrɛkt wan go mek yu gɛt sakrifays na >ɔd in yayN if nɔto dat, yu nɔ go rili fri

" editashɔn de mek pɔsin ebul fɔ tink gud wan

! i wangren we fɔ no di trut ɛn li: bay in prinsipul dɛn na fɔ gɛt spiritual insayt ɔ intuition ! ɔn yu go no se layf gɛt minin ɛn yu insay :ɔys go gayd yu ɛn dayrɛkt yu stɛp, ilɛk wetin yu de du na layf

! a :ɔys de dɔn drawn ɛn bɛr amKlɔng tɛm dɔn pasKbay tin dɛn we nɔ fayn fɔ tink bɔt ! i we we shɔ se yu go gɛt da rial sɛns de bak na fɔ tink gud wan we yu wek na mɔnin ɛn bifo yu go slip na nɛt

<ɔs lɛk aw pɔsin kin kip in prɔfɛshɔnal ɛn soshal apɔntinmɛnt, na so bak pɔsin fɔ kip in apɔntinmɛnt wit >ɔd * i kin tink se wi biEi layf nɔ de lɛf wi tɛm fɔ spiritual tin dɛn, bɔt natin nɔ de mek >ɔd nɔ tink bɔt wi ɛn gi wi wetin wi nid * i fɔ pre, tink gud wan, ɛn wet fɔ in ansa ,f wi adrɛs am wit lɔ: ɛn dip fɔs, , go ansa wi prea dɛn ! ɔn wi go fl in preEɛns as gladi ɛn pis insay wi at * e da gladi at ɛn pis de kam, dɛn dɔn mek wan kɔnekshɔn we gɛt layf ɛn we go wok fayn wit di +uprim Pawa * i fɔ tray fɔ tek dis Chans, bikɔs wi nɔ go ebul fɔ gɛt ɛni sakrifays if wi nɔ tray fɔ du am

,f yu spɛn yu layf de Chas wan thrill afta di ɔda wan, yu nɔ go ɛ:a no tru tru gladi/at $i: simpul ɛn tek layf iEi wan >ladi at de fɔ gi yusɛf inof tɛm fɔ dip tink ɛn tink bɔt di big big tin dɛn

+pend tɛm yu wan wan wan tɛm ɛn praktis fɔ sɛt mɔt fɔ sɔm tɛmN yu go si di difrɛns fɔ yusɛf ,f di redio ɔ

tɛli:ishɔn de ɔltɛm, ɔ if di tin dɛn we de mek yu fl fayn ɛn ɛn@ɔy yusɛf ɔltɛm de tek yu sɛns, i go pwɛl yu ner: ɛn mek yu :ɛks

Nɔ tink tumɔs bɔt fɔ f ks ɔda pipul dɛn Fiks yusɛf fɔsK mek >ɔd f ks yuF !i big big arena fɔ ɛksɛlɛns ɛn sakrifays na os ’n@ɛl na dɛn yon os na en@ɛl ɔlsay Pɔsin in saful :ɔys ɛn pisful abit nid pas ɛni ɔda say

* an pawa we nɔ de ɛ:a fɔdɔm

* e wi kɔnɛkt wit >ɔd, intuiti: ɔndastandin go inspɛkt ɛn gayd wi pan ɔltin we wi de du * i fɔ kɔnshɛns fɔ gɛt dis blɛsin pawa , de insay wiN wi nid fɔ @ɔs sho am A nɔ intres pan di wan dɛn we @ɔs want fɔ no mɔ, bɔt di wan dɛn we rili de luk fɔ di trut a de insay kɔmyuniɔn ɔltɛm wit >ɔd ɛn a de @ɔs luk fɔ di wan dɛn we rili want fɔ no am

Yu go si se dis pawa de wok pan ɔltin fɔ mek yu sikɔstɛms bɛtɛ ɛn mek tin iEi fɔ yu * e yu kɔnɛkt wit dis pawa, yu wɛlbɔdi go puls wit kɔsmik ɛna@i, ɛn yu maynd go bi mɔ rifn, fɔs, shap, ɛn go insay Yu go no se yu sol na :essel fɔ >ɔd in trut we de alay: ɛn sɛns we nɔ de dɔn

>ɔd na di sɔs we de gi wɛlbɔdi, prɔsperiti, sɛns, ɛn gladi at we go de sote go * e wi kɔnɛkt wit am, wi layf kin bi wan ɛn kɔmplit $ayf we nɔ gɛt am nɔ kɔmplit * i fɔ tink bɔt dis pawa we pas ɔl we de gi wi layf, trɛnk, ɛn sɛns * i fɔ pre mek di trut Aɔ insay wi maynd, trɛnk insay wi bɔdi, ɛn gladi at we nɔ de dɔn insay wi sol

Biɛn di daknɛs we di yay dɛn we dɛn lɔk gɛt, di wɔndaful pawa dɛn we de na di yuni:as, ɔl di gud sol dɛn ɛn di nobul spirit dɛn, ɛn di bɔku bɔku tin dɛn we

de na di spiritual ples dɛn we nɔ gɛt ɛnd ,f yu tink gud wan, yu go no di trut we nɔ gɛt wan bɔt ɛn si di wɔndaful wok we i de du na yu layf ɛn pan ɔl di tin dɛn we wɔndaful ɛn we gɛt glori pan di tin dɛn we >ɔd mek

" ek >ɔd gi yu sakrifays ɛn pis de pan yu

Fast na wɛlbɔdi ɛn wɛlbɔdi

7Yu fɔ fast, bikɔs natin nɔ de we tan lɛk am7 H&adithI

W! is tɔpik nɔ de agens fasting lɛk aw dɛn tɔk am na di Dli)ɔran, ɛn i nɔ kɔl ɛnibɔdi fɔ lɛf dɛn tradishɔnal we fɔ fast, we wi rɛspɛkt, ɛn wi rɛspɛkt di wan dɛn we de fast, de pre to >ɔd fɔ blɛs dɛn ɔltɛm ɛn aksept dɛn fast * etin dɛn min ya na tritmɛnt fasting fɔ spɛshal bɔdi ɛn spiritual riEɔlt, ɛn na dat mek dis klarifyeshɔn bin nid fɔ apinX2

! i fyEikal riEulyt ɛn spiritual ɛkspiriɛns dɛn we pɔsin kin gɛt we i fast rili wɔndaful ! i sol kin fri frɔm di tin dɛn we di bɔdi de aks fɔ we i fri frɔm di ebi, kɔs kɔs abit dɛn A dɔn dɔn mi tati de fɔ fast, ɛn i kin f l lɛk se na nɔmal tin lɛk se a nɔ test it atɔl

#lman we ebul fɔ tray fɔ fast fɔ tri deE ɔ mɔ if i pɔsibul, ɛn smɔl smɔl i go si se i pɔsibul fɔ li: we i nɔ it

Pipul dɛn we gɛt wɛlbɔdi nɔ fɔ gɛt prɔblɛm fɔ fast fɔ tri deE ! ɛn fɔ fast fast ɔnda spɛshal pɔsin in sɔpɔt -nibɔdi we gɛt sik dɛn we nɔ de mɛn ɔ we gɛt prɔblɛm wit in bɔdi fɔ @ɔs fast afta i dɔn go to dɔkto we gɛt ɛkspiriɛns pan fast ɛn it

! i pen ɛn pen na di bɔdi na tin dɛn we de sho se di bɔdi in sistɛm nɔ de wok fayn ɛn dɛn nid fɔ ripɛnt ɛn mentenɛns Pipul dɛn kin kip dɛn motoka klin ɛn mentenɛns fayn fayn wanF " ɔtalman bɔdi kɔmpleks ɛn kɔmpleks pas ɛni motoka, ɛn >ɔd want wi fɔ kip am

klin ɛn wok fayn, ɛn abop mɔ ɛn mɔ pan in pawa ! i sikrit fɔ gɛt wɛlbɔdi nɔto @ɔs pan kemikal ɛlimɛnt dɛn bɔt i de bak pan fɔ abop pan >ɔd in pawa, ɔ di layf pawa we de insay di bɔdi

! is layf pawa we de insay wi bɔdi na in rili de gi layf Na wan pawa we de ɔltɛm we, bay >ɔd in kɔmand, de mek ɛn sɔpɔt wi ɔgan dɛn ! is layf pawa de mek di maynd gɛt trɛnk ɛn it de gi am tin fɔ it Bɔt if dɛn nɔ yuE am di rɔJ we, i nɔ de wok igen ɛn leta i nɔ go gri fɔ wok Fɔ ɛgEampul, in pawa kin wik na di yay, we kin mek wi nɔ si fayn Nɔ it nɔ go ebul fɔ gi trɛnk, nɔ Chen@ di briE nɔ go ebul fɔ si di sRl dRm rRfresh Rn gi dRm rayE, Rn natin nS go ebul fS gi di bSdi RnR@i bak we di layf fSs we i de insay de bigin fS dSn

Fast de rɛst di ɔgan dɛn we dɔn taya, ɛn di bɔdi in sistɛm ɛn impɔtant ɛna@i sɛf, fri am frɔm ɔ:a wok * e yu stɔp fɔ tɔk to di impɔtant ɛna@i se i fɔ dipen pan ɔda tin dɛn we de kɔmɔt na do fɔ it, wata, ɔksi@ɛn, ɛn san layt fɔ mek i de, i kin fri ɛn i kin abop pan insɛf

,f pɔsin it pasmak fɔ 486 deE insay di ia, i kin mek pɔsin gɛt difrɛn sik dɛn Fɔ it ɔltɛm, ilɛksɛf di bɔdi nid am ɔ nɔ nid am, na tru tru swɛ pan am ! i mɔ we pɔsin de pe atɛnshɔn pan in sɛns fɔ te ɛn tray fɔ satisfay am, na di mɔ sik dɛn we i go sɔfa , fayn fɔ ɛn@ɔy it, bɔt fɔ bi sle: to am kin gɛt prɔblɛm dɛn we kin mek i fl pen ɛn bad bad tin dɛn kin apin so, pɔsin kin ambɔg insɛf tru dɛn di ataChmRnt to di bSdi Rn in dimand dRm Na tRm fS pipul dRm fS no se na di layf fSs we de s Sstayn di bSdi Rn kip am :ibrant Rn RnR@i

* i fɔKwitout obsessionKput di big big ɛmpɛshmɛnt pan di maynd fɔ mek in pawa strɔng ɛn mek i ebul fɔ abop pan insɛf mɔ ,f pɔsin insist fɔ mek in maynd bi sle: to di bɔdi, di maynd go tɔn in bak pan am bay we i lɛf in pawa, fos di pɔsin fɔ dipen pan ɔda pɔsin ɔ ɔda tin fɔ ɛp am No dɔktɔ ɔ mɛrɛsin nɔ go

ɛp pɔsin we in maynd dɔn wik so dat di sik go wɔs ri/ kwata pan di mɛrɛsin de na di maynd

,nsay ,ndia, wi kin lan fɔ win di bɔdi wit wil pawa, we kin mek pɔsin ebul fɔ abop pan di maynd bad bad wan !i wan dɛn we kin yuE bɔdi we dɛn kin yuE ɔltɛm fɔ gɛt wɛlbɔdi ɛn fɔ mɛn dɛn kin yus to dɛn ɛn so dɛn kin dipen pan dɛn ɔltɛm Bɔt di pawa we pɔsin gɛt na in maynd pas ɔlman * an fɔ lan smɔl smɔl fɔ yuE di maynd ɛn di tin dɛn we i ebul fɔ du fayn fayn wanN den pɔsin go no se di maynd na suprɛm tul, ɛn di maynd go du ɛnitin we dɛn aks am fɔ a dɔn si ɛn ɛkspiriɛns dis fɔshand na mi yon layf

A bin de gi lekChɔ wan de, ɛn i bin rili wam " i fes bin de drip wit swet, ɛn a nɔ bin ebul fɔ fɛn mi hankɛf Fɔ smɔl tɛm, a bin de na lɔs, bɔt a bin de pe atɛnshɔn pan di sɛntrɔm pan mi wil Hdi eria bitwin mi aybrɔwI ɛn pre kwayɛt wan se, 7$ɔd, bay Yu gris, mi bɔdi dɔn kolF7 * antɛm wantɛm, di swet nɔ bin de igen, ɛn mi bɔdi bin kol lɛk aw i fɔ kolF +o, if wi abop pan di maynd, dat kin bɛnift wi bad bad wanF Bɔt pɔsin nɔ fɔ du tin pasmak ɛn dinay di bɔdi kpatakpata, bikɔs if i du dat, i nɔ go ebul fɔ tink, it, ɔ mu:

+ɔm pipul dɛn kin tray fɔ pru: se dɛn maynd de kɔntrol di bɔdi, mɔ fɔ sho se dɛn gɛt wɛlbɔdi Bɔt wɛlbɔdi nɔto di men gol fɔ layf Fɔ riCh to >ɔd na di tru tin we mek pɔsin fl se i gɛt wɛlbɔdi fɔ sɔm tɛm, bɔt tɛm go kam we natin nɔ go ɛp !ɔn, udat go ɛpG >ɔd Fastin na wan pan di big we fɔ kam nia >ɔd , de fri di layf pawa frɔm sle: to it, i de afɛm se >ɔd de sɔpɔt wi bɔdi ɛn kip dɛn layf

Bɔt abit dɛn so pawaful dat we yu @ɔs tink bɔt it kin mek yu want fɔ it wantɛm wantɛm * an tɛm, we a bin yɔJ bɔbɔ na ,ndia, a bin gɛt kol A bin want sɔm tamarind, we dɛn kin tek as bad bad tin fɔ kol " i sista bin tranga wan nɔ gri, bɔt bikɔs a bin de kɔntinyu fɔ

du am, i bin briJ sɔm pan di frut dɛn we a bin de Chew wan pis ɛn afta dat i bin de spat am we a nɔ swɛla, bikɔs di kray we a bin de kray fɔ di teys bin dɔn satisfay " ɔtalman kin kɔntrol bɔku tɛm bay we i de it pasmak , sɔri fɔ no se >ɔd nɔ mek di bɔdi di kayn we we go mek wi ebul fɔ ɛn@ɔy di we aw wi de te ɛn put wisɛf fɔ it pasmak ɔ it tin dɛn we nɔ fayn ɛn nɔ pwɛl di di@esti: sistɛm ɛn ɔda ɔgan dɛn

Bɔt fɔ tru, di wangren rod fɔ gɛt wɛlbɔdi ɛn gladi atKdi we we gɛt sɛns pas ɔlKna fɔ kɔntrol insɛf * an pan di big tin dɛn we pɔsin kin ebul fɔ du na fɔ bi masta pan insɛf, nɔ fɔ de ɔnda di kayn we aw dɛn sɛns de rul am ,f yu put wan di:ays pan bɔku bɔku ilɛktrik Cha@ we nɔ ebul fɔ bia da kayn ɔ:alod de, i go bɔn am +emweso, ɛ:ri tɛm we yu ɔ:alod yu di@esti: sistɛm wit it, di layf pawa we gɛt fɔ du wit di di@esti: sistɛm kin dɔn * e yu stɔp we yu it pasmak Rn we yu fast, dis layf fSs de rRst Rn i de riCha@ wit kSsmik RnR@i

,f yu motoka brok, yu kin sɛn am na ripɛnt shɔp Afta dɛn dɔn du di tin dɛn we nid fɔ du, i kin rɔn bɛtɛ fɔ sɔm tɛm te ɔda tin brok, ɛn yu kin sɛn am bak fɔ mek dɛn mek am mɔ mentenɛns ɛn ripɛnt Na di sem tin kin apin to di bɔdi !i tin dɛn we kin apin we pɔsin fast kin mek pɔsin sɔprayE ,f yu fast tri deE pan ɔrɛn@ @us, i go mek di bɔdi fayn fɔ sɔm tɛm Bɔt if yu fast fɔ lɔng tɛm, i go mek am bak ɔl, ɛn yu go fl lɛk se na so i bi strɔng lɛk stɛl ,f yu want fɔ gɛt wɛlbɔdi we go de sote go, yu fɔ de waCh di kwaliti ɛn kwantiti fɔ di it we yu de it ɔltɛm

Yu fɔ no wetin fɔ du we yu de fast " ɛdikal supa:ayshɔn impɔtant fɔ di wan dɛn we want fɔ fast fɔ pas tri deE A nɔ de ad:ays ɛnibɔdi fɔ mek dɛn fɔs fast tu lɔng, as dɛn go fl wik ɛn taya Fɔ fast wan de insay di wik wit frut @us ɔ tri deE kɔnsɛkuti: ɛ:ri mɔnt pan ɔrɛn@ @us na gud we fɔ akɔstɔm yusɛf fɔ fast !i pɔsin

we de fast fɔ rɛdi fɔ dil wit pipul dɛn we de sɔri fɔ dɛn we go mek dɛn bili: se dɛn gɛt maynd dat dɛn go sik ɔ day H>ɔd nɔ fɔ itI if dɛn nɔ it Na tru se yu kin fl wik we yu de fast fɔ lɔng tɛm, bɔt dis kin apin nɔmɔ insay di fɔs deE bikɔs yu layf pawa dɔn yus fɔ it Bɔt smɔl smɔl, as di de dɛn de pas, yu kin lɔs ɛni flin fɔ wikɛd Yu layf pawa ɛn spirit kin kɔmɔt nia it, ɛn yu kin si se di bɔdi rili sɔpɔt bay layf pawa

A no di sikrit we pɔsin kin fast we i nɔ lɔs ɛni wet * e dɛn kin kɔnshɛns kɔntrol di layf fɔs, dɛn kin yuE am fɔ ridyus di bɔdi wet ɔ fɔ mek i kɔntinyu fɔ de * e dɛn yuE dis we, di bɔdi in natura tɛmpraCha nɔ de drɔp, ilɛk aw lɔng di fast tɛm Bay we dɛn de pul di kɔsmik ɛna@i tru wan patikyula Chanɛl na di bɔdi, di layf fɔs de ful/ɔp bak bay da ɛna@i de instead fɔ abop pan sɔs dɛn we de na do

$aif de sote go ɛn i nɔ de dipen pan briE, it, wata, ɔ san layt " ɛmba se yu na sol we nɔ de day we de li: fɔs ɛn fɔs bay di pawa we >ɔd gɛt ɛn nɔto ɔda pɔsin

)ɔnshɛns kin stil de alay: afta yu day na yu bɔdi, bɔt di a:ɛre@ pɔsin kin lɔs da sɛns de fɔ kɔntinyu ɛn bili: se i dɔn day -ni wan pan wi go gɛt bɔdi day sɔmde, so nid nɔ de fɔ fred am Yu nɔ de fred fɔ lɔs sɛns na yu bɔdi we yu de slipN rather, you embraCe sleep as a state of liberation you eagerly antiCipate +emweso, day na stet fɔ rɛstKritayayeshɔn frɔm layf Natin nɔ de fɔ fred * e day kam, laf am ! ay na @ɔs tɛst we in riEin na fɔ tiCh wan dip lɛsin Yu na sol, ɛn di sol nɔ de day No nid fɔ wet fɔ mek day tiCh yu dis we yu ebul fɔ no am naw ! i fɔs wan lɛsin we yu fɔ lan na dat layf nɔ de dipen pan it * e yu fast, yu kin kɔnfɔm dis fɔ yusɛf

#lman fɔ wok fɔ di:ɛlɔp in maynd abiliti so dat i go ebul fɔ du in wok bɛtɛ ɔnda ɔl di tin dɛn we de apin #da ɛn disiplin fɔ falaN bɔt, pɔsin nɔ fɔ strikt bɔt i fɔ

Aeksibul ɛn gɛt sɛns fɔ dil wit layf ɛn di prɔblɛm dɛn we i gɛt

Sl di pikin in bRs abit dRm de fSm bitwin di e@ dRm we i ol tri Rn sR:in * an say we de sSpSt de Rp fS gayd dRn di:RlSpmRnt Bɔt fS Chen@ di prSminRnt tRndens dRm nid spRshal gayd

,nsay mi pray:et skul, a bin de gi di bɔy pikin dɛn strɔng trenin fɔ dil wit di bɔdi !ɛn bin de fast ɛn slip pan blankit na grɔn we nɔ gɛt pilo +ɔntɛnde dɛn bin de tink gud wan fɔ lɔng tɛm Fɔ ɛp pikin dɛn fɔ kɔmɔt na di sle: we dɛn bɔdi de mek na sɔntin we impɔtant pas ɔl ɛn na blɛsin fɔ ɔl dɛn layf * an tɛm, wan pan mi studɛnt dɛn bin sidɔm fɔ tink gud wan fɔ twɛl: awa we i nɔ blink !is kayn balans de briJ bɔku bɔku gladi at !i ideal trenin lay na di balans, sayɛns disiplin fɔ bɔdi, maynd, ɛn sol !is na di men ɛn minin fɔ fast

Na wan mɛtafEikal, transɛndant no de biɛn fasting Fɔ tru, mɔtalman nɔ de li: bay bred nɔmɔ u tin dɛn de mek wi tay na di wɔl1 briE ɛn it * e pɔsin de slip, i nɔ kin no se i nid fɔ blo ɔ it bikɔs di sol kin kɔmɔt nia in bɔdi kɔnshɛns Fastin de ɛle:ɛt di maynd di sem we ru fast, di maynd de abop pan in yon pawa dɛn we i gɛt we dRn pawa dRm ya de sho, di layf fSs na di bSdi de amplify bay di eternal enR@i we de fSl S kSntinyu frSm di kSsmik Rta to di bSdi tru di bren Rn spayna

we di layf fSs kSmSt frSm di Rksternal mRtirial sSs dRm we de sSstayn di bSdi, i de fl sSpSt frSm insay, Rn di maynd de no se di sSlid mRtirial dRm we di bSdi bin de abop pan na @Ss rSf Rn kSnsantreyt manifestSshSn dRm fS enR@i !i maynd kin dSn intarakt dairekt wit di layf fSs, instrSkt am fS bSn di Chen@ dRm we i want na di bSdi

!i maynd gɛt di pawa fɔ du ɛnitin Na dat mek <iEɔs)rays bin ebul fɔ tɔn ston to bred, @ɔs lɛk aw wata bin

de Aɔ bitwin di Prɔfɛt in fnga dɛn, pis de pan am, we i put in an insay wan bɔtul we gɛt smɔl wata ɛn se1)am to di blɛsin klin ɛn di blɛsin frɔm >ɔd

+o, fɔ abop pan it kɔmplit wan na in@ɔstis to di maynd ɛn di layf pawa we de insay mɔtalman ru fɔ fast fɔ lɔng tɛm, di pɔsin we de fast de no se ɔltin na sɛns

-ni pawa, bɔdi, ɔ tin we de na dis yuni:as na tin we >ɔd in maynd kɔmɔt, @ɔs lɛk aw ɔl di tin dɛn we yu de si na drim na di maynd we nɔ de na di wɔl de mek am

!i maynd de kɔntrol di bɔdi * e yu de fast, if yu tink se yu bɔdi go wik as a riEulta, i go rili wik -n if yu tink se fast go mek yu nɔ gɛt bɛtɛ trɛnk, yu go fl wik as a riEulta fɔ da tink de

Bɔt if yu bili: yusɛf se yu bɔdi strɔng, yu nɔ go fl tayaɴ insted, yu go fl big, refreshing ena@i Bɔrku pipul nɔr no dis bikɔs dɛn nɔr ɛ:a ɛkspiriɛns am

!i maynd nɔ go sho in wɔndaful tin dɛn pas yu akti: in pawa dɛn -n i nɔ go wok as lɔng as yu de abop tumɔs pan matirial tin dɛn +o, in wɔndaful tin dɛn de ayd frɔm ɔdinari sɛns

Bɔt we yu lan V tru fast V fɔ abop pan riEin, yu go si am de wok pan ɔltin, ilɛksɛf na fɔ win sik, fɔ briJ prɔsperiti ɛn bɔku tin, ɔ fɔ no di men gol fɔ layf1 fɔ fɛn >ɔd

-nibɔdi we ebul fɔ kɔntrol dɛn maynd go ebul bak fɔ kɔntrol dɛn bɔdi ɛn wetin i nid, ɛn i go gɛt pis na >ɔd in yay ɛn fridɔm frɔm di tin dɛn we de ambɔg dɛn na dis wɔl we de tay di sol ɛn di bɔdi togɛda

Na di ɔda say, di bili: se matirial nɔ de ɛn di spirit de ɔlsay nɔ fɔ bi bays pan :ayg tiori ɔ tiori dɛm we dɛn nɔ go ebul fɔ ɛksplen lɔ@ik wan, bɔt bifo dat, i fɔ bi bays pan prɛktikal fawndeshɔn ɛn dip sɛlf/awareness

Pipul dRm kin aydentify wit di bSdi we it de s Sstayn, bSt dRn nS kin no se di bSdi in praymar sSs na di layf fSs Nɔ it S Rni Sda we we de na do kin mek bSdi we dRn kSl di kSsmik kSrRnt kSmSt

! i rilayshɔn bitwin mɔtalman bɔdi ɛn maynd na ɛna@i, ɔ layf pawa ! i ol ,ndian sɛnsman dɛn bin fɛn dis ɛna@i Hprana I ɛn dɛn mek di sayɛns we dɛn kɔl pranayama , we min fɔ kɔntrol di layf pawa we de na di bɔdi wit ɔl dɛn at

<iEɔs) rays bin fast na di wildanɛs fɔ fɔti deE - n di Prɔfɛt, pis de pan am, bin de fast ɛn se1 LFast ɛn yu go gɛt wɛlbɔdiM

! i wan dɛn we nɔ de fast nɔ kin ebul fɔ no frɔm ɛkspiriɛns se layf pɔsibul if pɔsin nɔ it

,nsay di fɔs ste@ dɛm fɔ fast fɔ wan wik, angri kin de Bɔt as di de dɛn de pas, di f lin fɔ angri kin stɔp, ɛn di pɔsin we de fast kin gɛt layt, ɛna@i, trɛnk, ɛn f l se i dɔn fri frɔm di tin dɛn we de ambɔg in bɔdi * etin mekG Bikɔs we yu nɔ gɛt tin fɔ it na di bɔdi, dat kin mek i abop pan tin dɛn we nɔ gɛt ɛnitin fɔ du wit am1 wan tin we de naw, ɛna@i, tin we pɔsin de du, ɔ tin we de mek i gɛt layf

" ɔtalman wil na di big wan we de mek ɛna@i ru di pawa we pɔsin want ɛn di tin we i want fɔ du, i kin gɛt spiritual pawa kwik kwik wan frɔm di riEɔ:a we nɔ gɛt ɛnd

Pɔsin we nɔ want fɔ du dɛn wok ɛ:ride kin f l se i nɔ gɛt ɛna@i ɛn trɛnk Na di ɔda say, pɔsin we de wok tranga wan, wit Eil, ɛn we rili want fɔ wok, di kɔrɛnt we de na di wɔl kin ful/ɔp am, ɛn in bɔdi ɛn spirit kin ful/ɔp wit di tin dɛn we de mek i gɛt trɛnk

- nibɔdi we no ɛn praktis mɛtafEikal we fɔ li: wit wil pawa, ɛn no aw fɔ kɔnshɛns fɔ pul layf pawa frɔm in kɔsmik sɔs we nɔ de dɔn, i fri frɔm bɔku fEik kɔnstrakshɔn dɛn

! i sɛnsman ɛn yoga pipul dɛn na ,ndia se matirial na kɔnsɛntret mental ɛsin +ɔm pan dɛn pru: dis tru tin bay we dɛn sho se dɛn ebul fɔ bi mɔtalman ɛn manipul dɛn yon bɔdi ɛn ɔda tin dɛn bay wil

" ɔdan sayɛns dɔn pru: se matirial na :aybreshɔn fɔs ! i kemikal ɛlimɛnt dɛn we mek ɔl di fɔm ɛn shep dɛn na di yuni:as, frɔm rɔk ɛn planɛt to mɔtalman, nɔto natin pas difrɛn fɔm ɛn difrɛn we dɛn we ilɛktron de shek, Fɔ ɛgEampul, ays, i kin kol, i wet, ɛn i shep * i kin si am ɛn tɔCh am ,f wi mɛlt ays, i kin tɔn to wata ,f wi bɔyl wata, i kin tɔn insay stim ɛn afta dat i kin bi tin we pɔsin nɔ de si +o, frɔm sayɛns pɔynt, ays ɔ sno nɔ rili de, pan ɔl we wi sɛns dɛn kin no am ,n ɛsin na ilɛktron dɛn we wi nɔ de si, ɔ fɔm dɛn fɔ ɛna@i

,n ɔda wɔd, dat we dɛn kin sɔl: ɔ sɔl: insay wan stet we wi nɔ de si, dɛn nɔ kin se i gɛt rial ɛgEistens Frɔm dis pɔynt, wi kin tek matirial as sɔntin we nɔ de, bɔt in ɛgEistens na riliti:

" atya de insay rilayshɔn to wi maynd Bɔt insay di men tin, na pawa we wi nɔ de si we nɔ de day ɔ Chen@ pas di we aw i luk ɛn di we aw wi bɔdi tan

+emweso, mɔtalman maynd ɛn matirial na tin dɛn we de sho se i gɛt di:ayn kɔnshɛns, we de @ɔs insay fɔm ! i trut na dat na di yuni:asal maynd nɔmɔ rili de

<ɔs lɛk aw mama ɛn papa bɔn pikin, na so matirial de dipen pan maynd fɔ in ɛgEistens " ata na prodakt frɔm di di:ayn maynd ɛn i tan lɛk se mɔtalman maynd de si am ,nsay ɛn insɛf, matirial nɔ gɛt ɛni rial tin bikɔs i nɔ gɛt intrinsik ɛgEistens

! i ilɛktronik fɔs dɛn we de na di tin dɛn, pan ɔl we dɛn kray, dɛn gɛt :aybreshɔn dɛn we di kɔsmik layf pawa we de tink bɔt insɛf de mek, we insɛf kɔmɔt frɔm wan di:ayn sɔs

>ɔd se, L ! i $ayt fɔ di ɛ:in ɛn di wɔl,M so lɛ layt de, ɛn layt bin de ! is min se di fos we di di:ayn maynd ɛn

di di:ayn wil bin de pe atɛnshɔn pan bin bi layt ɔ :ibratin ɛna@i

! i kɔsmik kɔrɛnt fɔ layf ɛn di ilɛktron dɛn we afta dat we bin de shek shek wit big pawa bin bi di difrɛn, transparent fɔs dɛn na di nature ! ɛn fɔs ya bin de sho as di fawndeshɔnal matirial ɛlimɛnt dɛn we di fEik yuni:as kɔmɔt frɔm

" atter na rial tin ɛn mɔtalman kɔnshɛns kin no bɔt tru ɛkspiriɛns, lɔ@ik, ɛn sɔm lɛbɔtri ɛkspiriɛns, mɔtalman dɔn kam fɔ no se i fɔ gɛt wan pawa we go de sote go ɛn we nɔ de Chen@ biɛn ɔl di ilyushɔn ime@ ɛn fɔm dɛn we de na di wɔl we i tan lɛk

* i kin ɔndastand dis trut bay we wi ɔndastand di kayn we aw di si tan, we de pan ɔl we in wef dɛn na fɔ shɔt tɛm we dɛn de sho wan, big tin1 di si insɛf * e: nɔ go ebul fɔ de if di si nɔ de, bɔt di si de wit di wef ɛn atɔl

! ɛn kin ɔndastand dɛn kɔnsɛpt ya wit sɛns, bɔt dɛn nɔ kin rili ɔndastand dɛn pas pɔsin lan fɔ Chen@ matirial to layf fɔs, ɛn layf fɔs to kɔsmik kɔnshɛns, lɛk aw prɔfɛt dɛn, sɔm big big pipul dɛn, ɛn di wan dɛn we gɛt sɛns fɔ no dɛnsɛf dɔn du ɛn kɔntinyu fɔ du Fɔ dɛn pipul ya we gɛt sɛns, matirial nɔ de insɛf, bikɔs dɛn no wit shɔ se ɔnda di wef dɛn we >ɔd mek, de di tin dɛn we nɔ de Chen@ ɛn oCean of spirit we nɔ de Chen@

,nsay di flɔsof dɛm fɔ Bedanta ɛn Yoga, di yuni:as na drim insay di kɔnshɛns we de sote go, we de wek fɔ >ɔd Hwe nɔ de ɔ:atak wit slip ɔ slipl " at ɛn maynd, di yuni:as wit in sta ɛn planɛt dɛm, di dense sɔfa we: dɛm ɛn di subtil, transparent ɔndakɔrɛnt dɛm fɔ matirial krieshɔn, di mɔtalman fakulti dɛm fɔ fl, wil, ɛn kɔnshɛns, ɛn di stet dɛm fɔ layf ɛn day, nɛt ɛn de, wɛlbɔdi ɛn sik, sakrifays ɛn fayl, ɔl na rial tin dɛn akɔdin to di lɔ fɔ riliti:iti we de gayd dis kɔsmik drim

#ltin we dɛn de si tru di lens fɔ riliti:iti na rial nɔmɔ to di mɔtalman we de drim, we de ple dɛn smɔl pat pan di big big kɔsmik drim Fɔ rɔnawe pan di kɔsmik ilyushɔn, ɔ di lɔ fɔ riliti:iti, mɔtalman fɔ wek frɔm dis drim to di ɔwe we go de sote go bɔt >ɔd

* i nɔ go ebul fɔ Chen@ dis drim tru ima@ineshɔn ɔ dinay, bay we wi aksept layf we wi nɔ gri wit day, ɔ bay we wi gri wit wɛlbɔdi we wi nɔ de pe atɛnshɔn to sik -:ri stet na impɔtant pat pan in ɔpɔEit, lɛk di ɔda say na kɔyn ɔ wan klos !ualities nɔ separet bɔt i gɛt fɔ du wit dɛnsɛf !i pɔsin we de luk fɔ trut nɔ de tray fɔ separet dɛn na in maynd, bɔt i pas dɛn tru no ɛn sɛns

-nibɔdi we want fɔ aksept di gud, gladi, ɛn yusful tin dɛn nɔmɔ as tru tin dɛn we gɛt tu pipul dɛn, na pɔsin we de insay di ilyushɔn dɛn we de na wɔl we de drim

<ɔs lɛk aw pɔsin kin gɛt drim dɛn we kin tan lɛk se na rial tin fɔ sɔm tɛm, bɔt i kin lɔs dɛn :aliditi we i kin Chen@ to wan stet we i kin wek, na so i pɔsibul fɔ mek pɔsin wek frɔm wan drim bɔt tin dɛn we tan lɛk se na rial tin ɛn li: insay di rial ɛn nɔ Chen@ wɔl fɔ spirit

Na di pɔsin nɔmɔ we pafɛkt, we dɔn lan fɔ ɛkstɛnd ɛn Chen@ dɛn kɔnshɛns to di Absolut we nɔ gɛt ɛnd tru meditashɔn ɛn tink bɔt, kin si di krieshɔn as di:ayn drim Na dɛn nɔmɔ kin deklare wit shɔt se matirial nɔ de ru kɔntinyu fɔ disiplin insɛf, di di:ɛlɔpmɛnt fɔ di trɛnk we de insay, ɛn di prɛktis fɔ sayɛns yoga meditashɔn, ɔ ɛni ɔda rod fɔ rialiEashɔn spiritual rialiEashɔnKilɛksɛf na fet, lɔ:, sa:is, 2 fɔ dinay yusɛf, ɔ fɔ wɔship wit ɔl yu atK di pɔsin we de luk fɔ >ɔd kin sɔl: tu tin dɛn ɛn no di wanwɔd we go de sote go biɛn ɔl di tin dɛn we de sho se bɔku pipul dɛn de ɛn difrɛns

-nibɔdi we fri frɔm di kɔsmik ilyushɔn no se >ɔd #lmayti de ɔltin na ɔl di ɛgEistens, ɛn so i de tɔCh in di:ayn kɔnshɛns ɛn no di men tin fɔ tru

Pis de fɔ una

!i @ɛntriman na di wan we >ɔd dɔn mek @ɛntri

As di tiCha Paramhansa Yogananda bin tɔk

’mparɔ Akbar H.668/.8?= O2’2I na bin wan pan di "ughal empara dɛm na ,ndia ɛn wan pan di big big rula dɛm na di ’shian kɔntinɛnt ɔlsay na di istri , bin gɛt di taytul fɔ 7Patron of &umanity7 bikɔs ɔf in @ɔstis ɛn fayn we i bin de du to in pipul dɛm ɛn in tru tru kɔnsyans fɔ dɛn wɛlbɔdi , bin wok bak tranga wan fɔ tek bak di ,ndian teritɔri dɛm we bin dɔn lɔs ɛn mek dɛn @ɔyn an fɔ bi a strɔng, sɛntralayE stet

Akbar na bin big pɔsin we bin de sɔpɔt fɔ mek difrɛn rili@ɔn dɛn na ,ndia nɔ gri wit dɛnsɛf ,nsay di tɛm we i bin de rul, ,ndu ɛn ,slam bin de go bifo sayd to sayd wit wanwɔd ɔlsay !i "uslim empara HAkbarI bin de wɛr ,slamik klos sɔntɛnde ɛn go pre na di moskɛt, ɛn ɔda tɛm dɛn i bin de wɛr ,ndian klos ɛn go na di ,ndu tɛmpul fɔ tink gud wan ɛn wɔship

!is empara we gɛt big at ɛn we gɛt fri/an nɔ ɛ:a stɔp fɔ wan de fɔ gi gift ɛn doneshɔn to di wan dɛn we nid ɛp ɛn soshal institiushɔn dɛn ɔlsay na di kɔntri

Na in kɔstɔm fɔ rayd insay wan fayn fayn kiJ kat we et fayn ɔs dɛn de drɔ, di wan dɛn we de gayd ɛn di wan dɛn we de tɛl pipul dɛn fɔ no se i dɔn kam wit drɔm, simbal, ɛn trɔmpɛt ɔlsay na di siti

Pan ɔl dis glori ɛn fayn fayn tin dɛn, strikt ɔda dɛn bin de frɔm di bigman pan insɛf fɔ stɔp di prushɔn ɛni tɛm ɛn ɛni ples if ɛni wan pan di pipul dɛn we dɛn de rul want fɔ aks am ɔ aks am fɔ ɛp

* an de, we di big big kiJ in prushɔn bin de pas na wan big rod we gɛt tik dɛn na di tu say dɛn, di empara bin notis tu blaynd man dɛn we sidɔm sɔm mita dɛn frɔm dɛnsɛf, de ala fɔ ɛp ɛn fɔ ɛp dɛn

! i ɛlda tɛl di kat fɔ stɔp bifo di fɔs blaynd man, we bin de ala se1

7 ! i riCh pipul na di wan dem we di empara de mek riCh72

Afta we i tek tɛm lisin to da wɔd de, i tɛl di dray : a fɔ muf go nia di ɔda blaynd man we bin de ala se1

7 ! i tru tru @ɛntriman na di wan we >ɔd dɔn mek @ɛntri72

Fɔ wan ol mɔnt, di empara bin de yɛri di sem tu wɔd dɛn ɛ : ri tɛm we i pas nia di tu blaynd man dɛn, we bin de aks am ɛn >ɔd fɔ @ɛntri Fɔ dɔn, wan sɛns fɔ sɔri/at bin de kam insay am, ɛn i bin want fɔ ɛp di fɔs man, we in moto na1 7 ! i @ɛntri pas ɔlman na di wan we di empara de mek @ɛntri72

* an de, Akbar bin aks di pɔsin we de mek bred na di pales fɔ bek am wan big bred Hwe gɛt di tik kama@ taypI wit wan sɛnt we ful/ɔp wit klin gold Akbar bin gi dis bred to di fɔs blaynd man ɛn i nɔ bin pe atɛnshɔn to di sɛkɔn man atɔl, we bin op fɔ gɛt @ɛntri frɔm >ɔd, nɔto di empara

<ɔs afta dat, Akbar go go ɔntin trip, ɛn we i kam bak i pas na di sem strit ɛn si di blaynd man we bin gi am di bred we gɛt gold stil de na in ples, de ala lɛk aw i bin de ala se1 U ! i @ɛntriman na di wan we di empara mek @ɛntriT2

, aks fɔ mek dɛn stɔp di kiJ in kat bifo di blaynd man ɛn tɛl am se1 L * etin yu du wit di bred we a gi yuGM

! i man ansa se1

QYu " a@esty, di bred we yu so gud gi mi bin tu big ɛn nɔ bin bek fayn bikɔs i bin tu ebi, so a sɛl am fɔ tɛn fls to di ɔda blaynd man ɛn a bin gladi fɔ gɛt dɛn fls dɛn de we bin ɔriEinali frɔm yu @enarositiQ2

Akbar luk rawnd fɔ di ɔda blaynd man bɔt i nɔ si am Afta i aks bɔt am, i kam fɔ no se i dɔn gi di bred to in wɛf, ɛn @ɔs lɛk aw i kɔt am opin, i fɛn di gold * it am, dɛn bay wan smɔl os, ɛn dɛn sityueshɔn bɛtɛ afta >ɔd gi dɛn wetin dɛn want ɛn mek dɛn @ɛntri wit in bɔku bɔku gudnɛs

* e di empara yɛri dis, i ɔndastand di dip minin fɔ di tin we apin * it ɔmbul we nɔ gɛt wan kɔmpitishɔn, i mek lɛk se i :ɛks ɛn :ɛks ɛn i bigin fɔ kɔrɛkt di fɔs blaynd man, ɛn se1

U * etin yu dɔn du, yu fulmanG Yu gi mi bred we ful/ ɔp wit gold to yu padi we bin abop pan >ɔd ɛn nɔ abop pan mi fɔ @ɛntri Frɔm naw yu fɔ adopt in moto ɛn priCh lɛk aw i bin de priCh se1 ! i @ɛntriman na di wan we >ɔd dɔn @ɛntriT2

sɔntin we tan lɛk dat1

! i wan we gɛt di * an we de gi, de gi

Na in nɔmɔ dɛn kɔl @ɛntriman

Pis de fɔ una

" agnɛtik ɔ intɛlektual it

* e pipul dRn de tok bSt fS it S nyutrishSn, dRn kin min di fSs it dRm we dRn de yuE fS sSstayn di bSdi Bɔt ɔda kayn it dRm de we nS sSmtRm pas fS it fS it, Rn b Sku tRm dRn kin i:in implRnt mSr

+ɔm pan dɛn it dɛn de we gɛt sɛns ɔ we gɛt fɔ du wit >ɔd biEnɛs1

" ental akti:iti ɔ kɔnsɛntreshɔn pan maynd, sɛns ɛn spiritual diskrɛshɔn

Fɔd we pɔsin kin it kin mek di bɔdi in sɛl dɛn kɔntinyu fɔ de, ɛn di it we pɔsin kin gɛt kin Cha@ di maynd wit wɛlbɔdi aydia dɛn, ɛn di it we gɛt sɛns kin mek di sol fl fayn ɛn mek i ebul fɔ du in wok

,ntelektual nourishment kin bi di aidia dɛm we pɔsin de tink ɛn di wan dɛm we i kin gɛt frɔm ɔda pipul dɛm tru kɔntakt ɛn intarakshɔn wit dɛm

Pipul wae gɛt kol at ɛn nobul temperamɛnt kin ɛp fɔ mek wi tink magnet ɛn wɛl , nɔr kin at fɔ no if pɔrsin de pul in intɛlektual nourishment frɔm say wae gɛt pis ɔr disrupti: en:ayrɔmɛnt * ɔri, pwɛl hat, ɛn kɔnfyushɔn ɔl kin kɔmɔt frɔm wae i gɛt padi biEnɛs wit di rɔng kayn pipul dɛm, ilɛksɛf na padi ɔr fambul, we kin mek i de tink bɔt wɔri ɛn gɛt trɔbul

di bSdi de gRt enR@i Rn akti:iti frSm fSs it dRm, we magnRtik it dRm de gi di bSdi Rn maynd RnR@i Cha@ dRm we iEi fS daygRst pas sSlid Rn likid it dRm we nS kin iEi f S kSn:Slt to li: enR@i

* e yu ebul fɔ tɔn ignoranCe to sɛns

Frɔm wikɛd ɛn wik to wɛlbɔdi ɛn trɛnk

* aka wit kɔnfdɛns ɛn maynd V i:in if yu wan V na di rod dɛn na layf

-n di gladi at we pɔsin kin gɛt we i gɛt kɔnshɛns we de alay: ɛn we de waCh

-n fet we nɔ de shek pan >ɔd in @ɔstis ɛn di win we di trut win lay lay tɔk ɛn di rial tin we de apin pan ilyushɔn

-n we yu de tray ɛ:ride fɔ rilis yu tinkin to ay ɛn mɔ rifn lɛ:ɛl

, gɛt at we lɛk ɛn tɛl tɛnki

-n gud intenshɔn to ɔda pipul dɛn

Yu intɛlektual nourishment na magnɛtik

-n afta dat, i go atrak ɔltin we fayn ɛn we go bɛnift yu

Frɔm tin dɛn, pipul dɛn, ɛn tin dɛn we de apin

, rili nid fɔ kɔntinyu di waka fɔ go na di shores fɔ sef ɛn sef

-n las wan bɔt nɔto di las wan

* e yu tray tranga wan fɔ gɛt wetin yu nid ɛn satisfay wit wetin >ɔd mek am iEi fɔ yu

Bi @ɛntri pan spirit ɛn satisfay pas di wan dɛn we de tink bɔt di tin dɛn we de na di wɔl ɛn we want fɔ ɛn@ɔy di tin dɛn we de apin fɔ shɔt tɛm

Pis de fɔ una

>ɔd nɔ de lɛf di wan dɛn we lɛk am

Frɔm di buk we nem Yogi in " ɛmori1 * an #tobayograf H,ndian Philosophy in the $ife of a YogiI

7,f wi papa bin dɔn pul yu prɔpati, " ukunda H.I , yu fɔ dɔn rili f t fɔ gɛt am, bikɔs yu de west yu layf ful ɛn fulF7

Na so mi big brɔda in sɛmin riCh na mi yes a bin @ɔs kam bak wit <itendra frɔm di tren, we dɛn kɔba am wit layt dɔst we wi riCh na Ananta in os, we bin dɔn muf go na di ol siti na Agra " i big brɔda bin de wok as akauntant na di gɔ:mɛnt in pɔblik wok dipatmɛnt, so a tɛl am se, 7Yu no, brɔda Ananta, se a de aks >ɔd fɔ mi inheritanCe72

, ansa se1 7 " ɔni de kam fɔs, ɛn >ɔd de kam letaF %dat noG $ayf kin lɔngF7

A se1 7>ɔd de kam fɔs, ɛn mɔni na in sa:antF -n udat go ebul fɔ tɔk wetin go apinG $aif kin shɔtF7

" i ansa kam fɔ insɛf, a nɔ bin no se ɛnitin de kam apin HBɔt alasF Ananta bin kɔmɔt na dis wɔl we i bin yɔJI

" i brɔda in yay dɛn bin de shayn wit satisfay, as i stil op se a go kam bak na di famili nɛst, ɛn i se1

7A tink se na waes frɔm di ɛrita@ Bɔt i tan lɛk to mi se yu dɔn kɔmɔt na BenaresF7

+o a tɛl am se, L ! i tɛm we a de na Benares nɔ bin gɛt wan bɛnift, bikɔs a fɛn ɔl wetin mi at bin want de deF -n yu kin shɔ se wetin a fɛn nɔto da Hskɔlal we yu mit na yu kɔmpin, ɔ in pikinM

Ananta bin sheb wan laf wit mi we a mɛmba wetin bin dɔn apin, i admit se di kle:a masta sabi bukman we i bin pik fɔ bi mi gayd, Benares, tɔn aut fɔ tru se i nɔ gɛt fɔ si bifo tɛm ɛn i nɔ gɛt sɛns , aks mi1

7+o wetin na yu plan, mi brɔda we dɔn lɔs, we de waka wakaG7

A ansa, a ɛksplen se1 7<itendra aks mi fɔ go wit am na Agra fɔ ɛn@ɔy di wɔndaful tin dɛn we de na di a@ " ahal, ɛn afta dat wi go go to mi gayd we a @ɔs fɛn, we gɛt ɛmita@ na Baranasi72

Ananta bin trit wi fayn fayn wan, ɛn i:intɛm i bin de kɔntinyu fɔ luk mi bɔku bɔku tɛm wit yay we de luk gud wan, so a bin de tɛl misɛf se1

7A no wetin de bihain dat lukF , de kuk somtin opF7

-n fɔ tru, wetin a bin dɔn tɔk se go apin di tɛm we dɛn de it brɛkfas Ananta bin luk inosɛnt as i gɛda di trɛd dɛn fɔ di tɔk we wi tɔk yestede, i se, 7+o, na so yu fl se yu nɔ nid wi papa in mɔniF7

A se1 7Bifo dat, na >ɔd nɔmɔ a abop pan72

, ansa se1 7 * ɔd dɛn Chip, " ukandaF Fate dɔn protɛkt yu te dis tɛm Bɔt aw yu prɔblɛm go shem if yu fɔ abop pan da an de we yu nɔ de si fɔ gi yu it ɛn say fɔ slipF Yu go mɔs yuE fɔ beg na stritF7

A se1 L>ɔd nɔ fɔ alaw miF A nɔ go abop pan pipul dɛn we de pas insted ɔf >ɔd, we de opin di domɔt fɔ it fɔ di wan dɛn we de wɔship am ɛn abop pan am, ɛn gi dɛn bɔku bɔku tin dɛn fɔ li:, pas fɔ beg ɛn beg fɔ dɛnFM

, se1 7#l dis na ritɔk ɛkspreshɔn ɛn bombastik langwe@F $ɛ wi se a aks yu fɔ put yu flɔsof, we yu de bost ɛn bost bɔt, to di tɛst fɔ rial wɔl ɛkspiriɛns na dis matirial wɔl, yu go akseptG7

A se1 7Yɛs, a akseptF , pɔsibul fɔ kɔnfyus >ɔd to di tiori eria nɔmɔG7

,m se, 7 * i go si ide yu go get di Chans either to eOpand pan mai :iews or to aCknowledge dem :alidity72

Ananta bin stɔp fɔ sɔm tɛm dramatik wan, dɔn i kɔntinyu fɔ tɔk sloslo ɛn kwayɛt wan, ɛn se1

7A de propos se yu send mi wit yu padi <itendra dis moning to di taun we de nia Brindbane, pan di kondishon se yu no tek wan single rupee wit yu, no beg fo fud o moni, no tel enibodi abaut yu prediCament, and no go de witout it or get stranded fo Brindbane ,f yu go bak fo mai haus hia bifo midnait witout :iolet eni wan of di kondishon fo dis test, a go bi di most27 pɔsin we sɔprayE na AgraF7

A se, 7-n a aksept di Chalen@72

No hesitation nɔ bin de na mi wɔd ɔ na mi at >ladi mɛmori dɛn bɔt di:ayn inta:yu bin de Aash bifo mi1 mi mɛn frɔm kɔlera we de kil tru beg to >ɔd bifo di ime@ fɔ $ahiri "ahasyaN di gift we di tu kayt dɛn we de Aay oba di ruf na di $ahore osN di amulet we kam @ɔs insay di tɛm bitwin di pwɛl at ɛn frustrashɔn we Bareilly bin gɛtN di disisi: mɛse@ frɔm di anonymous hermit of Banaras we de na do na di Pandit in kɔtN di :ishɔn fɔ di Dli "ama ɛn yɛri in sublaym wɔd dɛn fɔ lɔ: ɛn in ansa wantɛm wantɛm to mi wish dɛn tru >uru "ahasyaN di gayd we bin kam di las tɛm ɛn ɛp mi fɔ gɛt mi ay skul diplɔmaN ɛn afta dat mi neba tiCha, di las blɛsin we kam to mi midul di fɔg fɔ wan layf/taym drim a nɔ go ɛ:a alaw mi 7flɔsof7 fɔ bi inadeYuate to di strɛCh na dis harsh wɔl, wan wɔl we bili: ɔl pan tan@ibul pruf ɛn pruf

"i brɔda ansa se, 7Fɔ aksept di Chalen@ na ɔna fɔ yu, ɛn a go akɔmpan yu na di tren rayt naw72

! ɔn Ananta tɔn to <itendra, we bin de gap wit sɔprayE, ɛn adrɛs am se1 7Yu fɔ go wit am as witnɛs, ɛn i go mɔs bi se yu fɔ go wit am as pɔsin we dɛn dɔn du bad to bakF7

,nsay af awa, mi ɛn <itendra bin de ol wan/way tikɛt fɔ dis trip we wi bin de go wantɛm wantɛm, afta we Ananta bin dɔn inspɛkt wi gud gud wan na wan kɔna na di steshɔn ɛn mek shɔ se insɛf nɔ gɛt mɔni wit wi, ɛn di klos dɛn we wi bin rap rawnd wi wes nɔ bin de ayd pas aw i nid

7Ananta, gi mi wan ɔ tu rup as riEɔ: so a go sɛn tɛligram to yu if bad lak,7 mi padi protest bitwin di kɔnAikt we de go bifo bitwin mɔni ɛn fet

A ala pan am wit kɔs se1 7<itendra, a nɔ go go bifo wit dis tɛst if yu kɛr mɔni wit yu as las garanti72

<itendra ansa se, 7 ! i klin we kɔyn dɛn de klin de mek i fl fayn7 Bɔt i nɔ bin gɛt ɔda tin fɔ du pas fɔ sɛt mɔt we i kɔrɛkt am tranga wan

" i big brɔda se, 7 " ukanda, a nɔ gɛt at72

* an not fɔ ɔmbul bin ring na Ananta in :ɔys, sɔntɛm in kɔnshɛns bin de Chuk am fɔ we i sɛn tu bɔbɔ dɛn we nɔ gɛt peni to wan stren@ siti, ɔ fɔ we i nɔ bili: pan >ɔd in pawa, dɔn i ad se1

7,f, bay eni Chans o gras, a mane@ saksesfulli pas di ordeal of Brandyban, a go aks yu fo konsakret mi as yu disaypul72

! is prɔmis nɔ bin kɔmɔn ɛn i nɔ bin gri wit di kɔstɔm ɛn tradishɔn dɛn we dɛn dɔn mek ,nsay ,ndian famili dɛn, di big brɔda nɔ kin butu to di wan dɛn we yɔJ pas amℕ i kam sɛkɔn to di papa fɔ gɛt rɛspɛkt ɛn

obe frɔm di wan dɛn we yɔJ pas am Bɔt, tɛm nɔ bin lɛf fɔ tɔk bɔt wetin i bin dɔn tɔk, bikɔs di tren bin dɔn bigin fɔ muf

<itendra bin nɔ tɔk natin wit sɔri at as di tren bin de spid, dɔn i bin dɔn shift na in sidɔm ples ɛn pinCh mi tranga wan na wan say we bin de at, ɛn se1

7A nɔ si ɛnitin we de sho se >ɔd go gi wi di nɛks itF7

+o a se, 7Bi kolhat, doubter, bikos >od de wok sikrit72

, ansa se1 7Yu kin mek i kwikG A de angri @ɔs de tink bɔt wetin de wet fɔ wi A kɔmɔt na Baranasi fɔ ɛn@ɔy fɔ si di a@ " ahal, nɔto fɔ go insay mi yon gre:F7

+o a se, 7 ek at ɛn gladi, <itendraF * i nɔ de na wi rod fɔ tek wi fɔs luk pan di oli wɔndaful tin dɛn na BrindibanG7zA ful/ɔp wit lɔng fɔ di @ɔs tink se a go put fut pan di land we " asta)rishna in fut blɛs72

Na da tɛm de di domɔt fɔ wi kɔmpawtmɛnt opin ɛn tu man dɛn kam insay !i nɛks stɔp na di las wan

!i stren@a we sidon opsait mi adrɛs mi wit notis intres, aks1 7'i guys, yu get eni padi na BrandenburgG7

A tɔn mi yay away pan am kol wan, se, 7!at nɔto yu biEnɛs72

, se, 7+ɔntɛm una dɔn rɔnawe pan una famili dɛn ɔnda di spɛl we di At if de spɛl " i sɛf na man we gɛt spiritual lɔng, ɛn a go mek shɔ se una gɛt it ɛn ples fɔ slip frɔm dis bad bad ɔt72

A ansa1 7No, sa, lef wi alone Yu generous, bot yu mistek tink se wi na fugiti:e72

* i tɔk dɔn dɔn de As di tren stɔp ɛn mi ɛn <itendra kɔmɔt na di pletfɔm, wi tu Chans padi dɛn put dɛn an rawnd wi ɛn kɔl taksi

* i bin kɔmɔt na di ɔs bifo wan fayn fayn Chapel na wan fayn fayn ples we de midul tik dɛn we de gro ɔltɛm , bin klia se pipul dɛn bin sabi di wan dɛn we bin de ɛp wi gud gud wan de, as wan bɔbɔ we bin de smayl bin kam nia wi ɛn kɛr wi go witout kɔmɛnt to wan risɛpshɔn rum usay wan ol uman we gɛt rɛspɛkt ɛn we bin de shayn bin wɛlkɔm wi

* an pan di man dɛn adrɛs di ɔstɔ, se, 7 " ama >auri, di tu prins dɛn nɔ go ebul fɔ atɛnd Na di las minit dɛn program Chen@ ɛn dɛn de sɛn yu tru tru tɛnki ɛn dip apɔlɔ@i Bɔt wi dɔn briJ tu ɔda gɔst dɛm we a fl, we wi mit na di tren, fɔ bi " asta)rishna in disaypul dɛm72

! i tu kompin dem hed go na di doa, se1 7 * i bid yu farewell, wi tu smol padi * i go mit bak, >od willing72

" ama <ouri brok insay wan swit, tɛnda smayl fɔ in gɔst dɛn we i nɔ bin de ɛkspɛkt as i se, 7 * ɛlkɔmF Yu nɔ bin fɔ dɔn kam ya pan bɛtɛ de a bin de ɛkspɛkt tu prins fɔ kam na dis ɛmita A gladi so se yu kam, ɔdasay a fɔ dɔn mɛlt wit shem if di it we a pripia wit da kayn kia de nɔ bin dɔn fɛn ɛnibɔdi fɔ test ɛn ɛn@ɔy amF7

! ɛn kayn wɔd ya bin gɛt sɔprayE ifɛkt pan <itendra, we bɔs insay kray wata ! i bad bad tin we i bin de fred na Brindbane bin dɔn Chen@ to bankwet we f t fɔ kiJ ɛn prins dɛn ! is tin we bin apin wantɛm wantɛm bin tu bɔku fɔ am fɔ bia ! i ɔstɔ bin luk am wit

kɔriɔs bɔt i nɔ bin gɛt kɔmɛnt, sɔntɛm i bin no bɔt di yɔJ pɔsin in imɔshɔnal ɔtbɔrst

! ɛn bin in:ayt wi fɔ it lɛnCh, ɛn " ama <ouri kɛr wi go na di ples fɔ it, we bin de smɛl fayn wit fayn fayn smel dɛn, dɔn i lɔs insay di kiChin we bin de nia de

-n a bin dɔn de wet fɔ dis tɛm, so a pik wan fayn ples na <itendra in bɔdi ɛn pinCh am di sem we lɛk aw i bin pinCh mi na di tren, ɛn se1

7>ɔd de wok, ɛn kwik kwik wan bak, una we nɔ gɛt bɛtɛ fetF7

! i ɔstɔ bin kam bak wit wan fan, we i bin de fan wi insay di tradishɔnal ,stan stayl we i nɔ bin stɔp, as wi sidɔm pan blankit dɛn we dɛn ɛmbroyd ! i mɔnk dɛn bin kam wit lɛk tati difrɛn kayn it dɛn ! is nɔto bin ɔdinari lanCh, bɔt na bin fayn fayn fɛsti:alF Frɔm we wi kam na dis planɛt, wi nɔ ɛ:a test dɛn kayn fayn fayn it dɛn de

, adrɛs wi ɔstɔ, se1 7 ! is na tru tru it dɛn we f t fɔ prins, ɔnaful mamaF A nɔ no us impɔtant tin we yu kiJ gɔst dɛn bin tek as impɔtant pas fɔ atɛnd dis bankwetF Yu dɔn gi wi mɛmori fɔ wan layf we wi nɔ go ɛ:a fɔgɛtF7

Bikɔs Ananta in kɔndishɔn bin mek wi nɔ ebul fɔ tɔk mɔ, wi nɔ bin ebul fɔ ɛksplen to di :enɛrabl uman se wi tɛnki gɛt tu minin, bɔt wi de:oshɔn bin klia * i bin kɔmɔt wit in blɛsin dɛn ɛn wan wam in:iteshɔn fɔ go bak na di ɛrimita

! i ɔt we bin de na do bin rili bad, so mi ɛn mi padi bin fɛn say fɔ ayd na di shed we wan kadamba tik de nia di monasti get ! is bin fala wɔd dɛn we de mek

pɔsin fl bad, as <itendra, fɔ di sɛkɔn tɛm, bin sho se i de fred ɛn i de sɔprayE, ɛn i se1

7Na big big prɔblɛm yu dɔn put mi insayF * i lanCh na bin lɔk tinF -n naw aw wi go ɛn@ɔy di fayn fayn tin dɛn we de na dis siti we wi nɔ gɛt wan kɔyn na wi anG -n afta dat, yu go tɛl mi aw wi go ebul fɔ go bak na Ananta in osG7

+o a se1 7Naw we yu bɛlɛ ful/ɔp, yu fɔgɛt >ɔd kwik kwik wanF7

" i wɔd dɛn nɔ bin harsh, bɔt i bin de kɔs am Aw mɔtalman mɛmori shɔt we i kam pan di blɛsin dɛn we de na ɛ:inF NɔbɔdI nɔ de na dis wɔl we nɔ gɛt sɔm ansa to dɛn beg

<itendra ansa se, 7A nɔ go ɛ:a fɔgɛt mi fulish we fɔ tek risk wit pɔsin we nɔ de tek tɛm lɛk yuF7

A se, 7,naf, <itendra, fɔ di >ɔd we f d wi na di sem >ɔd we de kia fɔ wi na Brindban ɛn go briJ wi bak na AgraF7

, nɔ tu te we a dɔn fɔ tɔk, wan yɔJ man, we in fes bin de sho se i gɛt kɔre@ ɛn kɔre@, kam nia wi kwik kwik wan * e i tinap ɔnda wi tik, i butu bifo mi ɛn se1

7 " i dia padi, yu ɛn yu kɔmpin fɔ bi stren@a ya, so alaw mi fɔ bi yu ɔs ɛn gayd72

Pan ɔl we di ,ndian man in fes nɔ bin de shayn, <itendra in fes bin tɔn yɔlɔ fɔ sik wantɛm wantɛm A nɔ gri wit di ɔf Bɔt di yɔJ man bin rili :ɛks, insay wan we we, ɔnda ɔda tin dɛn, i bin fɔ dɔn rili laf , ansa se1

7Yu shɔ se yu nɔ go ebul fɔ pul mi kɔmɔtF7

A se, 7 * etin mek nɔto soG7

, luk ɔp to mi wit kɔnfdɛns ɛn se, 7Bikɔs yu na mi tiCha * e a bin de tink gud wan na midulnɛt, a si di blɛsin " asta)rishna insay wan :ishɔn, ɛn i sho mi tu fga dɛn ɔnda dis sem tik * an pan dɛn na yu fes, mi tiCha, we a dɔn si bɔku tɛm we a de tink gud wanF A go gladi bad bad wan if yu gri fɔ tek mi ɔmbul sa:is dɛnF7

+o a se, 7A gladi bak se yu fɛn mi >ɔd nɔ lɛf wi ɛn mɔtalman nɔ lɛf wiF7

Pan ɔl we a bin tinap ɛn nɔ mu:, a bin de smayl to da fes de we bin want fɔ du sɔntin bifo mi, wan flin fɔ rɛspɛkt bin mek a butu wit spirit na di di:ayn fut dɛn

!i bɔbɔ se, 7"i padi dɛm, aw a rili want fɔ mek una ɔna mi os wit wan :isitF7

A se, 7Yu na @enaros yong man, bot wi no ft du dat bikos wi bi guest of mai broda fo Agra72

, se, 7!en alaw mi at least fɔ go wit una ɔl tu na Brindiban as mɛmento fɔ dis mitin72

A gladi fɔ tek di in:iteshɔn !i yɔJ manK we in nem na Pratap 0hatter@eeK bin aks fɔ wan kariɔ we ɔs dɛn kin drɔ, ɛn wi go na di "adhana "ohana tɛmpul ɛn ɔda)rishna tɛmpul dɛn !aknɛs bin fɔdɔm we wi bin stil de pre na di tɛmpul Afta dat, Pratap se1

7A kin aks yu permishon fo get som switG7

, enta wan shop nia di tren steshon, wen wi de strol fo di waid strit, we nau pipul bin de ful/ɔp wit pipul ɛn i bin dɔn gro rili kol * i padi disappear fɔ shɔt tɛm ɛn kam bak wit bɔku bɔku swit , smayl de beg as i ol wan wad banknot wit tu tikɛt dɛn we i bin bay fɔ wi

trip to Agra, se, 7A beg yu fɔ grant mi dis27 spiritual ɔnɔ72

! i akseptɛns we a bin gri wit nɔto natin pas fɔ rɛspɛkt da an de we a nɔ bin de si Nɔto di fri/an we i bin gɛtK we Ananta bin de pro:okKnɔ bin fa fawe pas aw i bin nidG

* i luk fɔ wan kɔna we nɔbɔdi nɔ de nia di steshɔn ɛn a se1

7Pratap, a go tiCh yu)riya1 di we aw $ahiri " ahasya, di big big yogi fɔ di mɔdan tɛm -n dis we aw i de du am go bi yu spiritual gayd72

! i initiashɔn tek ples insay af awa, ɛn a adrɛs di nyu disaypul, se1 7)riya go bi di prɛshɔ gem we go fulfl yu want !is art, we yu si as simpul, gɛt di we aw pɔsin de go bifo kwik kwik wan na spirit !i oli ,ndian skripChɔ dɛn se di mɔtalman sɛf we in bɔdi nid wan milyɔn ia fɔ fri frɔm di kɔsmik dɛpshɔn, bɔt dis lɔng natura tɛm kin shɔt bad bad wan bay)riya Yoga <ɔs lɛk <agades 0handra Bose pru: se di growth fɔ plant kin aksɛleret pas aw i kin bi, so bak di spiritual growth fɔ mɔtalman kin aksɛleret bay esoteriC no Bi sinCere in your praCtiCe, ɛn yu go kam nia >ɔd, di iCha fɔ iCha ɛn di >ayd fɔ >ayd72

Pratap se wit tinkin, 7A fl big big gladi fɔ we a dɔn fɛn dis blɛsin yoga ki we a dɔn de luk fɔ fɔ lɔng tɛm ,n spiritual inAɔɛns go fri mi frɔm di kɔnstrakshɔn dɛm fɔ di sɛns dɛm ɛn push mi to ay eria dɛm Fɔ si " asta)rishna tide na big blɛsin na mi layf72

* i sidɔm fɔ smɔl tɛm insay saylɛns ɔndastandin, dɔn wi waka fri wan go na di steshɔn <oy ful mi as a de go insay di tren, we <itendra de kray " i fay:ɛl to

Pratap bin de tɔCh mi at, we mi padi dɛn ɔl tu de ala ɛn kray * an tɛm bak, <itendra bin gɛt sɔri/at, nɔto fɔ insɛf dis tɛm, bɔt agens insɛf, ɛn i bigin fɔ se1

7D, aw mi fet pan >ɔd bin wikF " i at bin tranga, bɔt naw a nɔ go ɛ:a dawt if >ɔd de kia fɔ mi72

As midnayt riCh so, di tu ad:ante@ we dɛn bin dɔn sɛn witout wan peni go insay Ananta in os ,n fes bin rili tan lɛk aw i bin prɔmis, ful/ɔp wit sɔprayE)wayt wan, rup ren dɔJ na di tebul , se wit @ok se, 7 ɛl di tru, <itendraF !is yɔJ man nɔ dɔn yuE di haiwe robberyG7

Bɔt @ɔs afta we i yɛri di ditel dɛn bɔt di stori, mi brɔda bigin fɔ siriɔs ɛn afta dat in at pwɛl, ɛn i tɔk wit spiritual Eil we a nɔ ɛ:a si bifo1

7!i lɔ fɔ saplae ɛn dimand de riCh fa fawe pas aw a bin de tink -n fɔ di fɔs tɛm a ɔndastand wetin mek yu nɔ bisin bɔt mɔni ɛn in :ulgar hoarding na dis wɔl72

Pan ɔl we i bin let, mi brɔda bin insist fɔ dediket am to)riya Yoga +o, " asta " ukanda bin gɛt fɔ bia di rispɔnsibiliti fɔ tu 7studɛnt7 dɛn we i nɔ bin aks fɔ insay wan de

!i nɛks mɔnin wi it brɛf insay wan ples we kol ɛn gɛt wanwɔd we nɔ bin de di de bifo a smayl to <itendra ɛn se1

7Yu nɔ go depri: fɔ si di a@ " ahal $ɛ wi tek wan luk pan am bifo wi tra:ul go +erampur72

* i bin de tɛl Ananta fayn fayn wan ɛn put wi yay pan di fayn fayn ɛn proud monumɛnt na Agra1 di a@ " ahal, in wayt mabul we de shayn na di san layt lɛk drim we gɛt pafɛkt wanwɔd !ak saypres tik dɛn rawnd am, grɔn we gɛt grɔn, ɛn wan lek we kwayɛt, ɛn dɛn

bin de drɛs insay in insay wit kɔmpleks tin dɛn we dɛn kɔt we dɛn mek wit ston dɛn we nɔ gɛt wan :alyu 'legant garland ɛn motif dɛn bin de miks ɛn kris di brawn ɛn pepul mabul, we di layt we bin de kɔmɔt na di dome bin de was di gre: dɛn fɔ 'mparɔ +hah <ahan ɛn "umtaEi "ahal, di kwin fɔ in kiJdɔm ɛn di tin we i lɛk

Filin se a don si inof en eager fo si mi tiCha, a set o[wit <itendra south towards Bengal wantem "i kompin se, 7"ukanda, a no si mi fambul fo mun a don Chen@ mi plan en mait :isit yu tiCha na +erampur leta72

"i kɔmpin V we dɛn kin tɔk fayn bɔt as pɔsin we de :ɛks V lɛf mi na)alkata, ɛn a riCh wit lokal tren na +ɛbrampɔ, we de twɛl: mayl na di nɔt

A fl wan sur@ fɔ sɔprayE we a no se twɛnti/ɛit deE dɔn pas frɔm we a mit mi tiCha na Baranasi ɛn i dɔn tɛl mi se1 7Yu go kam bak insay 5 wiksF7 -n na ya a tinap wit at we de bit na di kɔt fɔ in ɛmita@ na di kwayɛt (ai >hat, ɛn go insay fɔ di fɔs tɛm di ɛmita usay a bin dɔn disayd fɔ spɛn di big pat pan di nɛks tɛn ia wit di big sɛ@ na ,ndia, mi tiCha +wami +ri YukteswarF

' 3 , 37

Frɔm di buk H!i Filɔsof fɔ ,ndia insay di $ayf fɔ wan Yogil

Fɔ di sɛnsman we nem Paramhansa Yogananda

7(abindranath agore tiCh wi fɔ siJ natura ɛn spontan as we fɔ sho wisɛf, @ɔs lɛk bɔd dɛn we de siJ72

!is ɛksplen kam to mi frɔm Bhola Nat, wan brayt .5 ia ol bɔbɔ na (anChi +kul, afta a dɔn preE in melodious singing wan mɔnin * it ɔ witout oCCasion, di bɔbɔ go Aow wit tunes lɛk wan harmonious stream ,

bin dɔn stɔdi bifo na agore in renowned +antinakitan, we min 7harbor of peaCe,7 in Bulpur

A se to mi kɔmpin se, 7(abindranath in im dɛn dɔn de na mi lip frɔm we a yɔJ #l di Bɛngali dɛn, i:in di :ile@ pipul dɛn we nɔ sabi rid ɛn rayt, dɛn kin ɛn@ɔy in sublaym poem dɛn bad bad wan72

-n i bin rid wit Bhola sɔm :as dɛn we agore rayt, we bin put bɔku bɔku ,ndian poem dɛn to myuEik, sɔm pan dɛn na in yon kɔmpoEishɔn dɛn ɛn sɔm pan dɛn na bin ol tɛm

Afta wi dɔn fɔ siJ, a se, de laf, 7A mit (abindranath @ɔs afta i gɛt di NɔbɔI PrayE fɔ $iterature a fl wan strɔng want fɔ go fɛn am bikɔs a admaya in undiplɔmatik boldnɛs fɔ dil wit in kritik dɛm72

Bhola bin aks wit ɔl in at bɔt di stori, so a se1 7$ingwist dɛn dɔn put agore ɔnda bita kritik bikɔs i introduks wan nyu stayl to Bɛngali poem bay we i miks kɔlokyual ɛn klasiCal ɛkspreshɔn dɛn we i nɔ tink bɔt di langwe@ bɔda dɛn we langwe@ masta sabi bukman dɛn de :alyu ,n poem dɛn gɛt dip flɔsofk trut dɛn insay atrakti:, imɔshɔnal ɛkspreshɔn dɛn, we i nɔ fala di litrɛri we dɛn dɔn establish27 fɔm dɛn72

7 * an inAuential kritik wan tɛm bin diskraib (abindranathKwit disdain ɛn ContemptKas Qdi do: poet we sɛl in Cooing to di printa dɛm fɔ wan pittanCeQ Bɔt agore in re:aJg bin de kamF !i ɔl * ɛstɛn litrɛri wɔl bin pe ɔma@ɛ to am we dɛn translet in buk H>itan@ali1 he +ong D[eringsI to ,nglish * an big grup fɔ masta sabi bukman dɛm, inklud in fɔma27 kritik dɛm, tra:ul wit tren go na +antiniketian fɔ gi dɛn kɔngrigeshɔn72

(abindranath bin tek in :isitɔ dɛn afta we i bin dɔn delay fɔ lɔng tɛm bay wilful, dɔn i lisin to dɛn Aattering preE insay kwayɛt ɛn indipɛndɛns Fɔ dɔn, i tɔn di wɛpɔn dɛn fɔ dɛn kɔmɛnt pan dɛn, ɛn se1

7<ɛntilman dɛm, di sɛnt ros dɛm fɔ rɛspɛkt ɛn ɔna we una de gi mi ya, miks wit di putrid smel dɛm fɔ una fɔs kɔntempt -ni kɔnekshɔn de bitwin we a gɛt di NɔbɔlPrayE ɛn dis sɔdɛn apreshɔn we una gɛtG " i stil na di sem pɔyt we bin ɔfɛnd una we a bin ɔfrɛd mi ɔmbul Aawa dɛm na di shrine na Bɛngal72

7 ! i nyuspepa dem publish somari of agore bold rebuke, and a admaya di franknes of man we no de ful wit Aat and ipokrit72

7Na in sɛktri, " ista O2 F2 Andrus H.I , we bin @ɔs wɛr Bɛngali klos, ɛn we bin de kɔl agore wit lɔ: as in en@ɛl masta H>urude:aI bin introdyus mi72

7(abindranath bin risi: mi wam wan, we a bin de rawnd am wit wan aura we gɛt karisma, riCh kɔlChɔ, ɛn tru tru kɔtisti agore bin ansa mi kwɛstyɔn bɔt di say dɛn we in buk dɛn kɔmɔt bay we i se in men inspɛkshɔn dɛn kɔmɔt frɔm wi rili@ɔn epik dɛn ɛn frɔm di wok dɛn we di pɔyt Bidyapati bin du, we bin li: insay di fɔtin sɛntiwɔd72

,nspɛkt frɔm dɛn mɛmori ya, a bigin fɔ siJ wan ol Bɛngali siJ we agore bin dɔn adap to nyu fɔm, bigin wit 7$ight $ight the lamp of your lo:e7 Bhola @ɔyn mi fɔ di gladi gladi siJ as wi de strol rawnd di skul yad

Arawnd tu ia afta we dɛn bigin (anChi +kul, a bin gɛt in:iteshɔn frɔm (abindranath fɔ kam fɛn am na +antiniketan fɔ tɔk bɔt wi edyukeshɔn ideal dɛm we a gladi fɔ aksept ɛn go mit am * e a riCh, i bin sidɔm na in tebul, ɛn i bin slap mi as di epitome of true manhood, as ɛni atis kin ima@in ,n handsome, deliCately shaped faCe radiated nobility and dignity, framed by lɔng ia, wan biad we de Aɔ, ɛn big, gud yay, ɔl drɛs wit en@ɛl smayl ,n fayn fayn :ɔys, lɛk di strɛCh dɛn we Aut de mek, bin kapChɔ di at , bin lɔng, strɔng, ɛn kol, i bin de sho di sɔri/at we uman gɛt ɛn di inosɛns we gladi pikin gɛt a dawt se ɛni ɔda ideal fɔ

wan pɔyt we dɛn inspɛkt go ebul fɔ fɛn wan mɔ ɔtɛnɛtik ɛkspreshɔn pas dis tender, solful pɔsin we de rid

* antɛm wantɛm a bigin wit agore pan wan kɔmparati: ɛn dip stɔdi bɔt wi tu edyukeshɔn institiushɔn dɛn, we dɛn ɔl tu bin bil pan prinsipul dɛn we nɔ kɔmɔn * i bin fɛn bɔku tin dɛn we fba bitwin dɛn, lɛk fɔ lan na opin/ɛya, fɔ mek tin simpul, ɛn fɔ ɛnkɔre@ yɔJ pikin dɛn fɔ mek tin dɛn Bɔt, (abindranath bin put big impɔtants pan di stɔdi bɔt buk ɛn poem, ɛn fɔ ɛkspreɛs insɛf tru myuEik ɛn siJ, sɔntin we a bin dɔn ɔlrɛdi si na Bhola !i +antiniketan bɔy pikin dɛn bin de praktis fɔ sɔm tɛm dɛn we dɛn nɔ bin de tɔk natin, bɔt dɛn nɔ bin de gɛt spɛshal trenin fɔ du yoga

!i pɔsin we rayt di poem bin lisin wit dip atɛnshɔn to di ɛksplen we dɛn de ɛksplen di Yogoda ɛgEampul dɛn we de Cha@ di bɔdi in sɛl dɛn wit akti:iti ɛn :itality, ɛn to di yoga kɔnsɛntreshɔn we dɛn de tiCh ɔl di (anChi disaypul dɛn

agore bin tɛl mi bɔt in fɔs edyukeshɔn strɛCh, ɛn i tɛl mi wit laf, 7A rɔnawe frɔm skul afta a ol fay: ia7 a bin ebul fɔ si wantɛm wantɛm aw in dilik poɛtik sɛnsibiliti dɛn bin de fɛt wit di dreadful disiplinari atmosfɛs na di skul

!i pɔsin we rayt di poem bin mek sayn to wan grup we de stɔdi na di gadin we gɛt bɔku bɔku tik dɛn, ɛn i se1

7Fɔ dis riEin a bin fɔdɔm di +antinikitian ,nstityut ɔnda di shed fɔ di tik dɛn ɛn di fayn fayn tin dɛn we de na di skay !i pikin fl se i de na in natura en:ayrɔmɛnt bitwin di Aawa dɛn ɛn di bɔd dɛn we de siJ so dat i go ebul fɔ ɛkspreɛs di insay @ɛntri we in yon talɛnt gɛt ru no nɔ go ebul fɔ pɔmp ɔ stuf frɔm ɔda tin dɛn, bɔt bifo dat, no fɔ bi ɛp fɔ sho di trɔs dɛn we gɛt sɛns we nɔ

gɛt ɛnd we ayd insay di27 dip dip tin dɛn na mɔtalman sol7 H3I

A gri wit am ɛn ad se1 7Pikin dɛn idealistiC tendenCies ɛn dɛn lɔ: fɔ hiro ɛn heroism de day pan angri na ɔdinari skul bikɔs dɛn de limited to it we dɛn mek wit statistiCs, e:ents, ɛn historiCal periods72

!i pɔyt bin tɔk fayn bɔt in papa, !e:endranath, we inspɛkt am fɔ bigin +antiniketan , se1 7"i papa gi mi dis fayn fayn ples usay i bin dɔn bil tɛmpul ɛn gɔst os "i edyukeshɔn ɛkspiriɛns bigin ya insay .=?. wit tɛn pikin dɛn nɔmɔ !i et tawEin paund we kam to mi wit di NɔbɔI PrayE we a spɛn fɔ kia fɔ di skul72

!i ɛlda agore H!e:endranathI, we bɔku pipul dɛn sabi as "aharishi Hdi >ret +ɛ@I, na bin rili wɔndaful man, as in layf stori sho , bin spɛn tu ia we i bin yɔJ fɔ tink gud wan na di &imalayan monasti dɛn +emweso, in papa, !warkanath, bin gɛt nem ɔlsay na Bɛngal fɔ in fri/an pɔblik flantrɔpi Frɔm dis fayn fayn grɔn we wan famili we gɛt layt we (abindranath nɔ bin bɔn in wan pan in kriyayti: ɛkspreshɔnN in fambul dɛn bin sheb in talɛnt !ɛn kin tek in kɔEin dɛn, >ogonendra ɛn %panendra, pan di atis dɛn we gɛt ay poEishɔn pas ɔlman na ,ndia H4I (abindranath in brɔda, !wi@endra, na bin dip sɛnsman bak we i:in di bɔd ɛn animal dɛn na di fɔrɛst bin lɛk

(abindranath bin in:ayt mi fɔ slip na in gɔst os !is na bin fayn fayn tin we a bin si da i:intɛm de we di pɔsin we rayt di poem bin sidɔm wit wan grup we na studɛnt dɛn na di kɔtF , bin tan lɛk se tɛm tinap wansay, ɛn di tin we a bin de si bin tan lɛk wan ol ɛmita@ to mi, wit di pɔyt agore we in disaypul dɛn bin de rawnd am, we dɛn bin kɔba am wit wan atmosfɛs we gladi ɛn oli lɔ: agore bin de we: ɛn pafɛkt ɛ:ri bon we gɛt lɔ: wit trɛd dɛn we gɛt wanwɔd ɛn gri * etin na wan rare Aawa we gɛt tru tru spiritual poem

we blo na >ɔd in gadin, we de drɔ ɔda pipul dɛn to am wit in natura biuti ɛn sɛntF

,nsay in fayn fayn :ɔys, (abindranath rid to wi sɔm pan in nyu poem dɛn we i @ɔs mek, we swit "ɔst pan in im ɛn stori dɛn, we i mek fɔ mek in disaypul dɛn gladi ɛn gladi, de na +antiniketan !i fayn fayn tin dɛn we in poem dɛn, fɔ mi, de insay di rɛfrɛns to >ɔd insay ɔlmost ɛ:ri :as, pan ɔl we dɛn nɔ tɔk bɔt di oli nem klia wan Fɔ ɛgEampul, i se1

7 * e a de drɔnk wit siJ, a de fɔgɛt misɛf ɛn kɔl yu mi padi, D yu we na mi mastaF7

Afta lanCh di nɛks de, a nɔ want fɔ tɛl di pɔyt fay:ɛl A gladi se in smɔl skul dɔn gro ɛn di:ɛlɔp to wetin naw na BiE:a Bharati ,ntanɛshɔnal Yuni:asiti H5I, usay studɛnt dɛn frɔm ɔl di kɔntri dɛn kin fɛn fayn ples

%say di maynd fri frɔm fred ɛn di ed de ɔp

%say no fri ɛn nɔ gɛt ɛnitin fɔ stɔp am, 2

!i wɔl nɔ dɔn tɔn to pat dɛn we skata bay smɔl smɔl lokal wɔl dɛn

-n usay wɔd dɛn de kɔmɔt na di dip dip dip tin dɛn we di trut de, 2

-n fɔ tray tranga wan fɔ mek dɛn ebul fɔ du pafɛkt

%say di klin spring fɔ riEin nɔ lɔs in we na di dɛEat san san dɛEat dɛn we gɛt day kɔstɔm dɛn, 2

-n as i de go bifo pan tink ɛn akshɔn we de bɔku ɔltɛm, 2

+o dat mi kɔntri go wek na di skay fɔ da fridɔm de, D mi papa H6I

$ + 3 + 7 , 3+

+akses min se pɔsin in satisfay ɛn satisfay insay in en:ayrɔmɛnt ru sakses na di riEɔlt fɔ akshɔn dɛn we dɛn bil pan prinsipul dɛn fɔ du wetin rayt, ɛn i de

kɔba di gladi at ɛn wɛlbɔdi fɔ ɔda pipul dɛn as impɔtant pat pan pɔsin in yon gladi at ,f wi yuE dis prinsipul to wi matirial, intɛlektual, moral, ɛn spiritual layf, wi go gɛt wan kɔmplit ɛn kɔmprɛhɛnsif difnishɔn fɔ sakrifays

Pipul dɛn gɛt difrɛn we fɔ si ɛn tiori bɔt sakrifays, i dipen pan wetin dɛn want fɔ du na layf , nɔ kɔmɔn fɔ yɛri sɔm pipul dɛn de ikwal sakrifays wit tif, dɛn de tɔk tin dɛn lɛk, 7, bin bi saksesful tifmanF7 !is de sho se sakrifays pan ɔl in fɔm ɛn difrɛn kayn tin dɛn we pɔsin kin want ɛn we pɔsin kin luk fɔ Bɔt, wi sakrifays nɔ fɔ ambɔg ɔda pipul dɛn

* an ɔda tin de bak we wi kin du fɔ mek wi gɛt sakrifays1 we wi ebul fɔ briJ wanwɔd ɛn bɛnift riEɔlt fɔ wisɛf, wi fɔ put ɔda pipul dɛn bak insay wi sakrifays ɛn sheb in frut dɛn wit dɛn

+ɔmbɔdi kin disayd fɔ sɛt mɔt fɔ lɔng tɛm, nɔ gri fɔ tɔk to in famili mɛmba dɛn da tɛm de Pan ɔl we dis pɔsin kin gɛt sɔm pis insay in at bikɔs ɔf dat, di we aw i de bie: na fɔ @ɔs bisin bɔt insɛf nɔmɔ ɛn i kin ambɔg in famili in gladi at !ɛn nɔ go ebul fɔ tek dɛn as pɔsin we rili gɛt sakrifays pas di wan dɛn we dɛn lɛk dɛnsɛf bɛnift frɔm wetin dɛn dɔn du

+emweso, fɔ gɛt prɔpati sakrifays nɔto @ɔs wi rayt fɔ ɛn@ɔy wɛlbɔdi fɔ wisɛf, bɔt na wi moral rispɔnsibiliti to ɔda pipul dɛn we i kam pan fɔ ɛp dɛn fɔ mek dɛn bɔdi ɛn layf bɛtɛ

-nibɔdi we gɛt sɛns kin mek mɔni Bɔt if dɛn gɛt lɔ: na dɛn at, dɛn nɔ go ɛ:a yuE da mɔni de fɔ dɛnsɛf nɔmɔN bifo dat, dɛn go sheb am wit ɔda pipul dɛn " ɔni na swɛ ɛn misfɔstans na di an fɔ di wan dɛn we de tink bɔt dɛnsɛf nɔmɔ ɛn di wan dɛn we misɛf, ɛn na blɛsin

ɛn gift na di an fɔ di wan dɛn we gɛt gud at ɛn sol we gɛt fri/an

Fɔ ɛgEampul, -nri Fɔd bin gɛt bɔku mɔni, bɔt stil i nɔ bin bili: pan Charity, we i bin si se i de ɛnkɔre@ pipul dɛn fɔ nɔ du natin ɛn fɔ les Bifo dat, i bin de gi wok ɛn li: fɔ bɔku pipul dɛn ,f -nri Fɔd bin de gɛt mɔni ɛn i bin de gi ɔda pipul dɛn prɔpati bak, dat min se i bin gɛt sakrifays di rayt we

,:in di big big sent dɛn nɔ kin gɛt kɔmplit se: pas dɛn sheb dɛn sakrifaysK dɛn spiritual ɛkspiriɛns ɛn ay noK wit ɔda pipul dɛn bay we dɛn ɛp dɛn fɔ riCh oli ɔndastandin Fɔ dis riEin, di wan dɛn we dɔn riCh dɛn kayn ste@ dɛn de ɛn riCh dɛn kayn stet dɛn de kin rili want fɔ gi ɔndastandin to di wan dɛn we nid am

,f yu want fɔ gɛt tru tru sakrifays, yu nɔ go @ɔs gi yu yon gladi at, bɔt yu go mek ɔda pipul dɛn gladi bak

!ifrɛns pan sakrifays standad bitwin ,s ɛn *ɛst

!ifrɛn standad dɛn de fɔ sakrifays na di ,s ɛn di *ɛst , sɔri fɔ no se, di ,s de falamakata di wɔs tin dɛn we dɛn de si na *ɛstinian f m dɛn mɔ ɛn mɔ Pan ɔl we sɔm f m dɛn de gi kɔre@, rial layf de sho se sakrifays nɔ iEi bɔku tɛm $ayf kin tranga ɛn nɔ kin fɔgi:, ɛn wi fɔ tray tranga wan fɔ gɛt mɔni ink bɔt di tray we yu fɔ tray fɔ mek yu bɔdi kɔntinyu fɔ gɛt wɛlbɔdi ɛn nɔ gɛt sikF ,:in if yu sakses, dat sakses na fɔ shɔt tɛm !i bɔdi go dɔn ledɔm fɔ rɛst , nid fɔ fɛt wit bɔku bɔku pawa dɛn, insay ɛn ɔdasay, fɔ mek yu gɛt di sakrifays we yu want !ɛn pawa ya de wok tranga wan fɔ pul ɛni mininful tin we yu dɔn du

!i *ɛst de pe atɛnshɔn pan sɔm ɔ tɛmporari sakrifays we gɛt fɔ du wit dis layf we de naw !i ,s, na

di ɔda say, de pe atɛnshɔn pan sakrifays we go kɔmplit, we go las, ɛn we go de sote go

! i wan dɛn we dɔn riCh di pinal fɔ sakrifays we go de sote go wi kɔl Hdi wan dɛn we win na ɔl tu di wɔl dɛn di wan dɛn we gɛt sakrifays na di <ɔ@ in yayI

! ɛn pipul ya gladi na dɛn bɔdi, maynd, ɛn spirit ! ɛn kin gɛt sɔm tin dɛn, bɔt dɛn gɛt bɔku bɔku @ɛntri1 di @ɛntri we gɛt pis we de insay ɛn ɔndastandin pan spiritual tin dɛn bɔt di rilayshɔn bitwin di sol ɛn di di : ayn spirit, ɛn di rilayshɔn bitwin di bɔdi ɛn di kɔsmik layf

Na di ,s, di aidia fɔ dis kayn sakrifays de insay di pikin in maynd ,nsay di * ɛst, dɛn kin gi di pikin pig bank ɛn tiCh am fɔ aspir fɔ gɛt mɔni fɔ mek i go ebul fɔ du wetin i want

, fayn fɔ wok tranga wan fɔ gɛt inof matirial sakrifays, bɔt dɛn fɔ tiCh pikin dɛn bak di : alyu fɔ sakrifays we go las ! i @ɛntri we di sol gɛt de sote go na di bank we go de sote go, ɛn yu kin pul gladi at na da bank de ɛni tɛm

Bɔt i : in sakrifays pan >ɔd biEnɛs kin bi wan say ɛn nɔ balans if yu gɛt prɔpati wok dɛn we yu nɔ ebul fɔ du

Na di big big yoga pipul dɛn nɔmɔ we dɔn fri dɛnsɛf frɔm di lɔ dɛn we >ɔd mek, nɔ go ebul fɔ tek pat pan tin dɛn atɔl

,nsay di ,s, di men tin we dɛn dɔn pe atɛnshɔn pan na fɔ mek pɔsin gɛt gladi at na >ɔd in yay, pan ɔl we bɔku tɛm dɛn nɔ de tek tɛm wit di tin dɛn we pɔsin kin gɛt na layf ,nsay di * ɛst, sɔm tin dɛn de we pɔsin kin gɛt fɔ ɛn@ɔy insɛf bɔt na smɔl tin dɛn we pɔsin kin gɛt

na in maynd * etin dɛn nid na fɔ balans bitwin di tu tin dɛn, bikɔs fɔ pe atɛnshɔn pan wan tin nɔmɔ na layf kin mek pɔsin nɔ balans ɛn i nɔ kin ebul fɔ dil wit wetin layf want

Fɔ ɛgEampul, if atis pe atɛnshɔn pan art nɔmɔ ɛn nɔ pe atɛnshɔn to ɔl ɔda tin, dat go mek i nɔ balans we de sho se i de wɔri ɛn nɔ gladi Bɔt if i pe atɛnshɔn pan art nia spiritual tin, wok, sayɛns, ɛn sa:is, i go mek i balans fayn fayn wan, i go gɛt kɔmplit sakrifays, ɛn i go gɛt tru tru gladi at

,f dɛn @ɔyn di @ɛntri wit sik ɛn prɔblɛm, di bad tin dɛn we go apin to am go bɔku &a@in ɛn wɛlbɔdi biEnɛs de pan di tin dɛn we di * ɛst gɛt trɛnk ,nsɛkt dɛn we de ambɔg ɛn di @em dɛn we de kil pipul dɛn, dɛn kin kɔntrol dɛn fayn fayn wan na di:ɛlɔp kɔntri dɛn, we dɛn bɔku na ɔda kɔntri dɛn Bɔt fɔ pul dɛn peshɛnt dɛn ya nɔto di men tin we dɛn kin du, bikɔs ɔda kayn prɔblɛm dɛn de na di:ɛlɔp kɔntri dɛn, lɛk we i at fɔ pe bil ɛn di prɔblɛm dɛn we kin mek pɔsin swɛla bikɔs ɔf di sistɛm dɛn we dɛn kin bay insay instɔlmɛntKsɔfa we kin mek pɔsin nɔ slip fayn ɛn we kin mek pɔsin nɔ gɛt pis na in maynd

$ayf nɔto @ɔs fɔ se:

>ɔd nɔ mek dis wɔl fɔ wi @ɔs fɔ it, slip, ɛn day, bɔt fɔ mek wi no wetin i want ɛn ɔndastand di riEin we mek wi de Na wan anful pipul dɛn we gɛt sɛns dɔn ɔndastand wetin di kɔsmik plan min, bɔt bɔku pipul dɛn blaynd ɛn nɔ no da riEin de ! i wɔl kin bi sɔfa Chamba fɔ di wan dɛn we de li: we dɛn nɔ no bɔt di di:ayn plan Bɔt we yu si layf in ɛkspiriɛns as yu tiCha dɛn ɛn lan frɔm dɛn di tru tru we aw dis wɔl tan ɛn di wok we dɛn gi yu fɔ du na di kɔsmik drama, dɛn

ɛkspiriɛns dɛn de kin bi :alyu layt dɛn na di rod fɔ satisfay ɛn gladi at we go de sote go

>ɔd dɔn mek di CosmiC illusion gɛt pawa pasmak

* i de li: insay wan wɔl we ChaotiC ɛn trɔbul Yu kin tink se mɔni min gladi/at, bɔt we yu gɛt am, yu go si se yu stil nɔ gladi Yu kin gɛt @ɛntri ɛnK >ɔd nɔ alaw yuKlɔs yu wɛlbɔdi # yu kin gɛt gud wɛlbɔdi ɛn lɔs yu mɔni # yu kin gɛt ɔl tu @ɛntri ɛn wɛlbɔdi bɔt yu kin sɔfa bɔku prɔblɛm wit ɔda pipul dɛn, ɔfrɛd gudnɛs nɔmɔ fɔ mek yu mit wit et ɛn :ɛks in ritɔn ,f >ɔd nɔ de, natin nɔ de pan dis layf kin rili satisfay yu

,f >ɔd bin want wi fɔ li: wi layf nɔmɔ wit tin dɛn we wi gɛt, wi go satisfay wit prɔpati ɛn satisfay wit di tin dɛn we de na di wɔl

Yu dɔn ɛ:a si wan grup we gɛt shipG ,f wan pan dɛn @omp, di ɔda ship dɛn de falamakata am witout hesitation " ɔs pipul dɛn tan lɛk dat +ɔmbɔdi kin kam wit wan aidia ɔ introduks nyu tren, ɛn ɔda pipul dɛn go @omp pan di bandwagon wantɛm wantɛm ɛn kɔpi am ! is patɛn dɔn de fɔ @ɛnɛreshɔn dɛn #l neshɔn gɛt in kɔstɔm ɛn tradishɔn, ɛn wi nɔ go ebul fɔ tɔk se dɛn ɔl kɔrɛkt ɔ saund Bɔt udat noG +ɔm pan dɛn kɔstɔm ɛn tradishɔn dɛn de kin bi tin we nɔ mek sɛns, we nɔ gɛt wan minin, ɛn we nɔ gɛt wan minin

* an we de fɔ Chɛk ɛn @ɔ@ dɛn kɔstɔm ɛn tradishɔn dɛn de

Fɔs, ɛ:ri tradishɔn bin gɛt @ɔstis ,f wi si se @ɔstis stil de ol tru, dat min se di tradishɔn gɛt minin ɛn bɛnift Bɔt, i nɔ mek sɛns fɔ fala tradishɔn blaynd wan * i fɔ no di tru ɛn fala am, no wetin kin mek wi gɛt gladi at ɛn afta dat wi fɔ yuE am

$aif fɔ iEi ,f yu bin fɔ ɔndastand di wan wan kwaliti dɛn we mɔtalman gɛt, yu go si se sɔm pan wi kɔstɔm ɛn tradishɔn dɛn na tin dɛn we pɔsin kin laf

Na di * ɛst, pipul dɛn de fala bɔku lɔ dɛn +pɛshal klos dɛn de fɔ go na do i:intɛm, fɔ dina pati, fɔ go fɛn pipul dɛn, ɛn fɔ go na do A i:in si wan ad:atayEmɛnt wan tɛm fɔ spɛshal @akit fɔ pipul dɛn we de smokF

#ganayEeshɔn na big tin, bɔt if pɔsin fala ɔganayEeshɔn ɛn di we aw i de du tin pasmak, dat kin mek i sɔfa bɔku tɛm

Na di ,s, os ɛn klos simpul Na di * ɛst, layf so kɔmpleks dat gladi at nɔ de apin bikɔs wi de pe atɛnshɔn pasmak fɔ du tin dɛn wan patikyula we

* etin mek wi fɔ kɔmplikt layf bay we wi de tɔk mɔ bɔt aw fɔ aren@ di os ɛn di tebul wan patikyula weG

Na di ,s, we wi in:ayt pipul dɛn fɔ kam fɛn dɛn, ɔlman kin gladi ɛn wet fɔ dɛn :isit dɛn de wit ɔl dɛn at

,nsay di * ɛst, dɛn kin in:ayt di gɔst dɛn, dɔn dɛn kin pripia fɔ lɔng tɛm fɔ mek shɔ se ɔltin pafɛkt * ans di gɔst dɛn dɔn kam, di pɔsin we in:ayt dɛn kin rili wet fɔ dɛn fɔ kɔmɔtF

Fɔ li:, klos, ɛn it fɔ simpul Fɔ it it na rɛstɔrant nɔ kin mek yu gɛt mɔni, bɔt i nɔ bad fɔ du am wan wan tɛm , nɔ rayt fɔ spɛn lɔng tɛm na kiChin, ɛn nɔ lɛf tɛm fɔ ɛn@ɔy ɔda tin dɛn we impɔtant pas ɔl

* e a bin de tra:ul ɛn lɛkChɔ, a bin de mek mi it simpul a bin @ɔs de kip sɔm milk, lɛtis, ɛn ChiE na mi rum, ɛn a bin fl fayn wit dat

Paradays de insay wi, nɔto insay tin dɛn

,nsay wi asCetiC trenin na ,ndia, wi lan fɔ kɔntrol wetin wi want ɛn rayE pas wetin wi lɛk, nɔ lɛk, ɛn lɛk * i bin gladi fɔ ɔl wetin wi bin gɛt Na di * ɛst, bɔt, bɔku pipul dɛn nɔ kin gladi pan ɔl we dɛn gɛt bɔku tin, lɛk se dɛn nɔ gɛt am atɔl ! esire know no bounds Na mɔnin, afta i dɔn sheb ɛn drɛs, di fɔs tin we man want na fɔ it brɛf As soon as i sidɔm na di tebul, i wish se in wɛf bin dɔn pripia ɔda tin ,, insɛf, wish se i bin gɛt bɛtɛ plet, spun, naif, ɛn fɔk

! e de pas, ɛn di want fɔ dis ɛn dat kin kɔntinyu te natin nɔ ebul fɔ satisfay dɛn Fɔ dɔn, di man ɛn in wɛf nɔ kin gladi fɔ dɛnsɛf ɛn nɔ kin gɛt ɛni gladi at i:in pan dɛn pikin dɛn, dɛn kin lɔs dɛn mared gladi at Bikɔs dɛn kin fl bad, dɛn kin tɔn pan di wan dɛn we de nia dɛn pas ɔlman ! i uman kin nag, nag, ɛn kɔrɛkt in man pasmak, we i de ala pan di pikin dɛn, ɛn di pikin dɛn tɔn agens dɛn mama ɛn papa ɛn kɔmit fulish akt wit dɛn padi dɛn Hɛn so di saykl de kɔntinyuI 2

, nɔ bad fɔ gɛt prɔpatiN di rɔng tin na fɔ alaw wi prɔpati fɔ gɛt wi * i fɔ fri wisɛf frɔm di atakshɔn to pipul ɛn tin dɛn bikɔs attaChment de briJ unhappiness

" i paradays de insay mi As a de ɛn@ɔy >ɔd in blɛsin dɛn, a de tɛl am tɛnki, ɛn mi insay gladi at de gro ,f a nɔ bin gɛt da satisfay we a de insay mi at, i:in di gladi at ɛn gladi at we de na dis wɔl de bi ɛl a dɔn kam fɔ no se if da gladi at de we de insay mi nɔ bin de, di lod fɔ di wok we dɛn put pan mi fɔ dɔn pul mi pis ɛn mek a nɔ gɛt gladi at

! i big ɛnimi fɔ gladi at na fɔ lɛnt mɔni fɔ bay lɔ@ishɔn Pipul dɛn kin mistek bili: se dɛn nɔ go ebul fɔ gladi pas dɛn gɛt sɔntin we patikyula Bɔt i:in afta dɛn dɔn gɛt da tin de, dɛn nɔ go gɛt tru tru gladi at, pan ɔl we dɛn gladi fɔ sɔm tɛm +o wetin na di pɔynt fɔ rɔnata

di mira@ fɔ gladi at na di wɔl we prɔmis @ɔs fɔ brok in prɔmisG

Pipul dɛn fɔ li: simpul layf ɛn nɔ nid bɔku prɔpati dɛn we nid fɔ pe atɛnshɔn to ɔltɛm

No dawt nɔ de se fɔ bay nyu tin na tin we kin mek yu gladi Bɔt afta sɔm tɛm, da gladi gladi de kin dɔn smɔl smɔl, ɛn yu kin i:in lɔs intres pan am ɔltogɛda, fɔgɛt bɔt am ɛn want ɔda tin Bɔt, dɛn nɔ go fɔgɛt di bil fɔ da tin de, mɔ if yu bay am pan instɔlmɛntF

Pɔsin fɔ tek kɔntrol pan in layf ɛn mek am iEi as i pɔsibul !ɛn fɔ kip sɔm mɔni fɔ tin dɛn we i nid ɛn fɔ ɛnitin we go apin to am, put di mɔni we i de kip pas fɔ spɛn pan lɔ@ishɔn, ɛn ɛp ɔda pipul dɛn di bɛst we aw i ebul * e yu ɛp ɔda pipul dɛn, ɛp go kam to yu wan we ɔ ɔda we, ɛn yu nɔ go lɔs natin ɛn yu nɔ go gɛt natin

A no fɔ tru se ɔl wetin a nid go kam to mi, ɛn na dat mek a nɔ de wɔri bɔt wetin go apin tumara bambay !is nɔto fɔ bost ɔ fɔ mek lɛk se a de du am, bikɔs a dɔn ɛkspiriɛns di wok ɛn di ɛfɛkti: we da blɛsin pawa de du na mi layf bɔku tɛm

,lɛksɛf a de Aɔt na di wɔl ɔ a de drawn na di dip dip si, a no se a de wit >ɔd ɛn , de wit mi, ɛn natin nɔ go ambɔg mi !a no de dɔn gi mi wan gladi at we a nɔ go ebul fɔ tɔk bɔt ɛn we dip

,f nɔto fɔ di spiritual ɔndastandin ɛn ɛkspiriɛns dɛn we a bin gɛt, a fɔ dɔn bi di pɔsin we misɛf pas ɔlman na di wɔl we a dɔn gɛt bɔku @ɛntri, bɔt a nɔ gri fɔ mek i bi sle: mi, ɛn a nɔ alaw am fɔ tɔCh ɔ Chen@ mi A de gi ɔl wetin a de gɛt na >ɔd in we ɛn to di wan dɛn we nid ɛp " i gladi at we de insay mi na mi big tinK na @ɛntri we i:in kiJ dɛn kin @ɔs drim bɔt

+akses dipen pan internal aChie:ement

* e yu si bɔku bɔku pipul dɛn we nɔ gɛt gladi at ɔ sakrifays, nɔ tink se na dis na dɛn destiny Yu kin shep yusɛf to ɛnitin we yu want fɔ bi Yu insay sakrifays na in rili de mek yu gɛt sakrifays ,f yu nɔ gɛt sɔntin insay yusɛf, yu nɔ go gladi Bɔt if yu nɔ gɛt sɔntin we de na do ɛn yet yu gladi insay yusɛf, yu nɔ gɛt wan dawt se yu gɛt sakrifays +o, i nɔ pɔsibul fɔ @ɔ@ pipul dɛn bay we yu @ɔs de pan dɛn tin dɛn we de apin na do Pan di bɔku bɔku pipul dɛn, sɔm pipul dɛn kin de we dɔn gɛt ay poEishɔn na >ɔd in yay ɛn we gɛt dip pis insay dɛn at ɛn gladi at pan >ɔd biEnɛs

Fɔ dis riEin, sakrifays pan gud abit ɛn intɛlektual sakrifaysKfɔ fri frɔm di diktet fɔ bad abit ɛn tin dɛn we nɔ fayn fɔ duKde briJ gladi at fa fawe pas matirial sakrifays ,nsay intɛlektual sakrifays de na saykolo@ik wɛlbɔdi we ɔda tin dɛn we de na do nɔ go ebul fɔ tek yu kin spɛn ɔl yu tɛm fɔ gɛda @ɛntri, bɔt da @ɛntri de nɔ go gi yu di pis ɛn sikyɔriti we go de sote go we yu de luk fɔ Dn di kontri, i go briJ yu mɔ nɔ gladi, bikɔs tru tru gladi at ɛn pis de na di maynd, nɔto na di prɔpati dɛn we pɔsin gɛt

,f yu nɔ tek tɛm fɔ kɔlti: yu maynd, no ɔmɔs matirial @ɛntri nɔ go satisfay yu !is kɔlti:ɛshɔn nɔto fɔ mek yu sɔfa, bɔt na fɔ tren yu kɔnshɛns fɔ mɛn di tin dɛn we yu de tink ɛn du we de mek yu gɛt gladi at

Yu gladi gladi na yu sakses, so nɔ mek ɛnibɔdi tif am frɔm yu Protɛkt yusɛf frɔm di wan dɛn we de tray fɔ mek yu :ɛks * e a bin smɔl, a bin de lɔs mi wamat ɛnitɛm we pɔsin de skata lay lay tɔk bɔt mi $eta, a kam fɔ no se mi pis na mi maynd impɔtant pas fɔ mek pipul dɛn gri wit mi ɔ preE mi

)ɔnshɛns na sɛns we pɔsin kin ɔndastand we de sho aw pɔsin in tru tru pɔsin ɛn wetin mek i want fɔ du sɔntin * e yu kɔnshɛns klia, ɛn yu no se yu de du wetin rayt, yu nɔ gɛt natin fɔ fred)lin kɔnshɛns na tɛstamɛnt fɔ gud kɔndɔkt frɔm >ɔd Fɔ bi fri pɔsin na di kɔt fɔ kɔnshɛns min fɔ gɛt gladi at ɛn fɔ gɛt >ɔd in blɛsin

,f pɔsin nɔ de gɛt mɔni, na bikɔs i nɔ de pe atɛnshɔn fɔ gɛt mɔni +emweso, if i nɔ gladi, na bikɔs i nɔ de pe atɛnshɔn fɔ gɛt gladi at

!i miul we de kɛr gold lod na in bak nɔ no di :alyu fɔ wetin i de kɛr +emweso, mɔtalman so biEi fɔ kɛr di lod fɔ layf na in sholda wit di op fɔ gɛt sɔm gladi at na di ɛnd pan di rod dat i fɔgɛt se i de kɛr insay insɛf wan spiritual gladi at we pas ɔl ɛn we go de sote go

H$ɛk kamɛl dɛn na di dɛEat, we de day bikɔs dɛn tɔsti we dɛn de kɛr wata na dɛn bakI

Bikɔs i de luk fɔ gladi at pan 7tin dɛm7 i nɔ no se i gɛt bɔku bɔku gladi at insay insɛf

>i di duty in due

Yoga nɔ de ad:ays fɔ lɛf ɔ shirk layf in rispɔnsibiliti Bifo dat, i de aks yu fɔ ful yu maynd wit >ɔd as yu de ple yu pat pan di drama na layf ,f yu want fɔ li: yu layf we yu nɔ de si na fɔrɛst ɔ mawnten, bili: se yu go fɛn >ɔd bay we yu lɛf yu wok, yu fɔ rɛdi fɔs ɛn ebul fɔ sidɔm na meditashɔn Hstill ɔl di de fɔ sɔm deE na wan tɛm +uCh an e[ort na tru fɔ admirable fɔ di wan dɛn we ebul fɔ du am Bɔt fa fawe na fɔ de na di wɔl, bɔt stil nɔto fɔ amN fɔ du yu tru tru wok fɔ bɛnift ɔda pipul dɛn ɛn di sem tɛm yu de tink bɔt >ɔd

* an difrɛns fɔ de bitwin big ɛn smɔl wok, fɔ put di impɔtant wan fɔs pas di wan we @ɔs impɔtant !ɔn bak, no duty nɔ fɔ kɔntrayd ɔda wan !i skripChɔ dɛn tɛl wi se we wan duty de agens ɔda wan, na pruf fɔ se i nɔto tru tru duty Fɔ ɛgEampul, if yu de du faynɛns sakrifays pan ɔl we yu nɔ gɛt bɛtɛ wɛlbɔdi, yu de neglek yu bɔdi wɛlbɔdi +emweso, if yu so obsessed wit rili@ɔn dat yu nɔ de tek tɛm wit yu faynɛns rispɔnsibiliti, yu nɔ balans bikɔs yu dɔn alaw wan duty fɔ kɔnfyus wit yu ɔbligayshɔn to yu bɔdi ɛn famili -n if yu nɔ tek yu duty to >ɔd bikɔs ɔl yu atɛnshɔn de pan yu famili, dat nɔto tru tru duty

Bɔku pipul dɛn kin aks se1 LYu tink se wi fɔ gɛt mɔni fɔs fɔ du wetin wi fɔ du na di wɔl ɛn afta dat wi fɔ luk fɔ >ɔdGM ɔ 7 * i fɔ fɛn >ɔd fɔs ɛn afta dat wi fɔ fɛn sakrifaysG7

>ɔd de kam fɔs, ɛn wi nɔ fɔ bigin ɔ dɔn wi de we wi nɔ tink bɔt am ɛn tink gud wan bɔt am * i fɔ mɛmba se if wi nɔ bin gɛt di trɛnk ɛn ɛna@i we wi gɛt frɔm >ɔd, wi nɔ bin fɔ ebul fɔ du ɛnitin +o, wi big wok na to am ,f wi du ɔl di ɔda wok dɛn we wi fɔ du we wi nɔ du wi duty to am, i nɔ go gladi , bɛtɛ fɔ du wi akshɔn dɛn di we we go mek >ɔd gladi

, fayn fɔ tink bɔt fɔ kɔba di fɛn fɔ >ɔd wit matirial sakrifays Bɔt pas pɔsin de tink gud wan ɛn ɔltɛm, so dat dɛn awareness of >od go strɔng fɔs, di wɔl go ɔ:awɛl dɛn kɔnshɛns, ɛn dɛn nɔ go fɛn tɛm lɛf fɔ spiritual tin dɛn -n if wi nɔ gɛt di shɔ flin se >ɔd de wit wi, wi wɔl wok dɛn kin bi sɔs fɔ saykolo@ik sɔfa Bɔt we yu fl se >ɔd de wit yu na ɔltɛm ɛn tink bɔt Am we yu de du yu wok, yu go de wit di wan dɛn we gladi pas ɔlman

! i wan dɛn we lɛk >ɔd gɛt blɛsin, bikɔs dɛn de satisfay sote go ɛn dɛn gɛt gladi/at sote go

,f a nɔ bin gɛt di tiChin dɛn we mi mentɔ, +wami +ri Yukteswar, bin gi mi, we gi mi di:ayn ɔwe, a bin fɔ dɔn lɔs mi maynd fɔ lɔng tɛm ɛn a nɔ bin fɔ ebul fɔ ɛp pipul dɛn ɛn bil tɛmpul dɛn fɔ fɛn ɛn tink gud wan bɔt >ɔd Pan ɔl dis, sɔm dɔn tray fɔ ambɔg mi rod instead fɔ wok wit mi

-nibɔdi we de trit pipul dɛn lɛk se na dɛn masta we dɛn fɔ obe, dɛn go tɔn agens am ɛn tray fɔ pul am kɔmɔt bay ɔl we ɛn we dɛn de du am

Bɔt if yu tray fɔ gayd ɛn ad:ays ɔda pipul dɛn wit tru tru lɔ:, dɛn go krawn yu fɔ bi kiJ na dɛn at -n we yu lɛk ɔlman ikwal, yu go ebul fɔ no di wan dɛn we de ansa da lɔ: de

! i:ayn lɔ: nɔ gɛt wan kɔmpitishɔn

,f yu bin no di stori bɔt >ɔd in lɔ: we sɔm pipul dɛn we de wɔship >ɔd kin gɛtF No ɔda ɛkspiriɛns nɔ de na layf we yu go kɔmpia to da gladi at de we a bin no wan sent we bin de ɔltɛm insay di lɔ: fɔ >ɔd, ɛn in fes bin de shayn oli lɔ: >ɔd in yay de ɔltɛm pan di wan dɛn we lɛk am, ɛn , nɔ de ɛ:a lɛf dɛn fɔ wan mɔnt

A de si mi >ɔd we a lɛk pan ɔltin we de rawnd mi

A si am de luk mi frɔm di Aawa dɛn ɛn luk mi dɔJ frɔm di mun in winda

A de si am na di fes fɔ di nature ɛn di fes fɔ di wan dɛn we gɛt nobul sol ɛn fayn at

* i nɔ fɔ fɔgɛt di >ret $ɔ:, di sɔs fɔ ɔl gudnɛs, lɔ:, ɛn grɛs * i nɔ fɔ alaw wi at fɔ ful/ɔp wit di ilyushɔn ɛn tin dɛn we nɔ impɔtant na dis wɔl, bɔt wi fɔ alaw wi at

fɔ ful/ɔp wit di di:ayn lɔ:, we de gi layf bak to di at, inspɛkt di maynd, ɛn nyu di sol in trɛnk !at lɔ: nɔ de pas *e di di:ayn lɔ: gɛt di bi fɔ di pɔsin we de luk fɔ, di sɛl dɛn na in bɔdi gladi, ɛn i ful/ɔp wit di big big gladi/at -n bɔt dis ɛkspiriɛns, wan pan >ɔd in lɔ:man dɛn bin siJ1

*e di "asta fɔ di Yuni:as bin go insay wan spiritual tɛmpul

>ladi at bin ful mi at, ɛn a fɔgɛt di bit we i de bit

<ɔs lɛk aw ɔl di sɛl dɛn na mi bɔdi bin fɔgɛt di wok we dɛn bin dɔn gi dɛn fɔ du

, bin sɔprayE we i de lisin to di :ɔys we de gi layf we go de sote go

!i :ɔys fɔ di pɔsin we dɛn lɛk pas ɔlman we de na >ɔd in :ɔys we de gi layf

"i at, mi bren, ɛn ɛ:ri atɔm na mi bɔdi bin gɛt ilɛktrik

Bikɔs di di:ayn preEɛns we oli pas ɔl bin tɔCh am

!at na fɔ tɔk smɔl bɔt di lɔ: we >ɔd gɛt ɛn di we aw i de afɛkt di wan dɛn we lɛk >ɔd in layf

!i sɔri/at we et ɛn wɔ de mek ɛn lɛf na pipul dɛn at na pruf fɔ se spiritualiti, sɔri/at, gudnɛs, ɛn lɔ: na di men tin dɛn ’t de pwɛl pɔsin, we lɔ: na di pawa we pas ɔl na di wan ol wɔl

+o, mi dia padi dɛm, wi fɔ no se na fɔ et ɛn di ful we wɔ de mek, ɛn tɔn to >ɔd wit wi ɔl ɛn lɛk am wit ɔl wi at Bikɔs in lɔ: de gi sakrifays we ful/ɔp wit kɔmplit satisfayshɔn ɛn satisfayshɔn1 sakrifays we wi nɔ go ebul fɔ gɛt ɔda we

Na lɔ: nɔmɔ go bil wan bɛtɛ wɔl, briJ gud to di pipul dɛn we de de, ɛn gi dɛn layf we gɛt rɛspɛkt ,f neshɔn dɛn go @ɔs stɔp fɔ fos dɛnsɛf pan dɛnsɛf bay we dɛn de yuE di rayt we, ɛn insted dɛn go gri fɔ lɛk dɛnsɛf ɛn sɔpɔt dɛnsɛf, wi go witnɛs di wɔl sakrifays, we ɔl di pipul dɛn na di wɔl go ɛn@ɔy di frut dɛn

ink bɔt di bɔku bɔku mɔni we dɛn kin spɛn fɔ kil wan mɔtalman wit ɔda pɔsin we dɛn de fɛt wɔF !is na shemful tin fɔ mɔtalmanF -n wetin di ɛnd riEulyt go bi ɔda pas pen, sɔfa, pwɛl pwɛl ɛn pwɛl pwɛlG

!i wangren we fɔ mek dis mɔtalman sɔfa dɔn na fɔ lɛk pɔsin

As lɔng as wan neshɔn de bil ɛn di:ɛlɔp wɛpɔn dɛn we de kil bɔku pipul dɛn, ɔda neshɔn dɛn go tray fɔ mek i:in mɔ sofstikieted ɛn kil we dɛn ɛn wɛpɔn dɛn fɔ protɛkt dɛnsɛf, ɛn pipul dɛn go li: wit fred ɔltɛm * etin mek ɔl neshɔn dɛn nɔ de kɔlti: lɔ: ɛn ɔndastandin instead fɔ mek pipul dɛn et dɛnsɛf ɛn fɛt wɔG !i tru sɔl: de insay wan yuni:asal rili@ɔn we gɛt lɔ: ɛn ɔndastand $ɔ: de mek mɔtalman win

!i pawa we de biɛn ɛ:ri pawa

Fɔs ɛn fɔs, a@ɔst sakrifays wit di " asta fɔ di Yuni:as Pipul dɛn so ɛn@ɔy dɛn wok dat dɛn tink se dɛn nɔ gɛt tɛm fɔ tink bɔt >ɔd Bɔt wetin go apin to pɔsin if >ɔd pul in pawa kɔmɔt na in bɔdi ɛn mayndG !i at nɔ go de bit igen, ɛn di bren nɔ go ebul fɔ tink igen

>ɔd na di di:ayn lɔ: biɛn ɛ:ri mɔtalman lɔ:, di yuni:asal maynd biɛn ɛ:ri maynd, di ɔltimat wil biɛn ɛ:ri wil, di big sakrifays biɛn ɛ:ri wɔl sakrifays, ɛn di suprɛm pawa biɛn ɔl pawa

Na di blɔd we de na ɛ:ri :ein ɛn di briE we de biɛn di wɔd dɛn

,f i pul in pawa pan mi, a go stɔp fɔ tɔk wantɛm wantɛm ɛn mi :ɔys go sɛt mɔt sote go

,f ,n pawa nɔ bin de wok na wi at ɛn maynd, wi fɔ dɔn bi bɔdi we nɔ gɛt layf

$ɛ wi kip V mek >ɔd kip yu V wetin fayn222 ɛn lɛ wi mɛmba se wi fɔs duty na layf na to >ɔd

* e wi du da oli wok de, wi kin kɔnɛkt wit wi sɔs ɛn wi at kin ful/ɔp wit gladi/atN dat na di big big sakrifays ɛn di ɔltimat triumph Pis de pan una

! i ale bɔt di AsCetiC) iJ

$ɔng tɛm dɔn pas, na ,ndia, wan big sɛnsman we nem Byasa, we rayt di Bhaga:ad >ita, we na di big wan pan di ,ndu spiritual tɛks dɛn bin de tru in big big spiritual pawa dɛn, i bin ebul fɔ kɔl wan spɛshal spirit insay in wɛf in bɛlɛ As di pikin we de na in bɛlɛ de gro insay am, di papa bin de gi di pikin we nɔ bɔn yet di sikrit dɛn fɔ no ɛn di men tin bɔt sɛns tru in wɛf in sabkɔshɛns

* e dɛn bɔn di pikin, dɛn gi di pikin in nem +ukde:a ɛnki fɔ di trenin ɛn kia we in papa we gɛt sɛns bin gi am, i pru: se in na ɛkstra ɔdinari pikin bay ɔl di stori dɛn * e i ol sɛ:in ia, i bin dɔn mɛmba ɔl di buk dɛn we gɛt fɔ du wit sɛns ɛn sɛns ɛn i bin rɛdi fɔ lɛf di wɔl fɔ go fɛn tiCha we gɛt sɛns fɔ gɛt mɔ no

,nsay ,ndia, di pɔsin we de luk fɔ trut de luk fɔ spiritual tiCha dɛn te i fɛn pɔsin we no dip in at se na in na di gayd we >ɔd sɛn to am fɔ se: am frɔm di daknɛs we i nɔ no natin to di layt we de mek i no

* e di want fɔ no bɔt spiritual tin dɛn de bigin, di pɔsin we de luk fɔ >ɔd kin gɛt spiritual instrɔkshɔn wan wan tɛm frɔm difrɛn say dɛn Bɔt we di want fɔ >ɔd de mɔna am mɔ ɛn mɔ, >ɔd kin sɛn am wan spiritual tiCha we gɛt strɔng grɔn pan di:ayn sayɛns dɛn, we de sa: as di oli we fɔ gayd di pɔsin we want fɔ no bɔt >ɔd bak to di spiritual osKto di kiJdɔm we >ɔd de insay mɔtalman

* e +ukde:a disayd fɔ bigin fɔ luk fɔ pɔsin we go gayd am pan >ɔd biEnɛs, in papa ad:ays am fɔ go to)iJ <anaka, di gɔ:na fɔ di pro:ins +ukde:a tek in buk dɛn ɛn go na di kiJ in kɔt As i go insay di pales get so, i si di kiJ sidɔm pan wan gold tron we dɛn ful/ɔp wit rubi ɛn dayamɔn, ɛn wan grup we gɛt uman dɛn we de fan am rawnd am fan dɛn we dɛn kin yuE pam/frɔnd Has dɛn bin de du trade trade na ,ndia insay di sɔmma we kin swɛlal

!a tɛm de,)iJ >naka bin de Hwan mon@il na in tron de smok wan oriental huk, ɛn di pikin we nem +ukde:a bin sɔprayE we i si da tin de ɛn i bin tɔk to insɛf se1 L+hem fɔ mi papa fɔ we i sɛn mi to dis kiJ we de na di wɔl to di kɔrF Aw man we gɛt dis kayn tin we kin lɛk fɔ gɛt prɔpati ɛn abit go bi mi tiChaGFM

Bɔt)iJ >naka na bin kiJ ɛn sɛnt , bin de li: na di wɔl bɔt i nɔ bin de na di wɔl Bikɔs i bin so ad:ans pan spirituality, i bin no tru tɛlipati wetin bin de go tru +ukde:a in maynd, we bin kɔmɔt na in kɔt ɛn kam bak usay i kɔmɔt

!i kiJ/sent sɛn mɛsen@a afta di bɔbɔ, ɛn aks am fɔ kam bak * e i kam bak, di tiCha ɛn di disaypul mit fes/ to/fes, ɛn na da tɛm de di kiJ pul in ɛdman dɛn na di wok ɛn wantɛm wantɛm dɛn bigin fɔ tɔk fayn ɛn dip bɔt >ɔd ɛn in wɔndaful tin dɛn

Fo awa pas, ɛn +ukde:a bigin fɔ fd ɛn fl angri, bɔt i nɔ bin want fɔ ambɔg)iJ >naka, we bin dɔn go insay >ɔd in si ɛn we bin dɔn Chak bikɔs i lɛk am

, nɔ tu te we wan awa dɔn pas, tu mɛsen@a dɛn kam, dɛn de ala se1 LYu " a@esty, di wan ol siti de bɔn, ɛn di faya we de bɔn de kam nia di pales Yu go so gud fɔ supa:ayE di wok we dɛn de du fɔ fɛt fayaGM

!i kiJ ansa se, 7A de tɔk wit mi padi +ukde:a bɔt di >ɔd we gɛt sɔri/at we de protɛkt ɔl di wan dɛn we de luk fɔ rɔnawe pan am ɛn abop pan in ɛp A nɔ gɛt tɛm fɔ du ɛni ɔda tin $ɛf mi wan ɛn go ɛp di ɔda wan dɛn fɔ ɔt di faya72

Afta wan ɔda awa, di sem tu mɛsen@a dɛn kam bak to)iJ <anaka ɛn ala se, 7D)iJ fɔ di '@, wi de beg yu fɔ kɔmɔt wantɛm wantɛm !i pales dɔn rawnd faya, ɛn di faya de kam nia yu rum kwik kwik wan72

!i kiJ ansa se, 7No prɔblɛmF Nɔ bost mi, a stil de drink di di:ayn wayn wit mi dia padi >o ɛn du wetin yu ebul72

+ukde:a bin sɔprayE wit di we aw di kiJ bin bie:, bɔt i bin tray fɔ de kwayɛt, di krawd we bin de rawnd am nɔ bin afɛkt am +mɔl tɛm afta dat, tu man dɛn, we di faya bin dɔn bɔn, bin kam nia di kiJ ɛn ala na di tap pan dɛn lɔng dɛn se1 7D pawaful kiJ, lukF !i faya we de bɔn de kam nia yu tronF Flɔ, Yu " a@esty, bifo di faya bɔn yuF7

!i kiJ ansa se, 7>o, fɔ yu yon sef a de fl sef ɛn sef na >ɔd in an, di wan we de protɛkt ɔltin, ɛn a nɔ de fred di faya ɛn di faya we de pwɛl am72

!i tu man dɛn rɔnawe wit dɛn layf, ɛn di faya bigin fɔ kam nia di bɔku bɔku +ukde:a in buk dɛn we bin de

nia am, bɔt stil di kiJ bin kɔntinyu fɔ kol ɛn i nɔ bin bisin bɔt ɔl wetin bin de apin

* e i yɛri dis, +ukde:a panik ɛn lɔs in kɔmpɔEishɔn , grap frɔm in sidɔm ples ɛn bigin fɔ slap di faya wit in an, tray fɔ protɛkt in prɛshɔ buk dɛn !ɔn)iJ >naka smayl, ɛn wit wan @es, di faya dɔn lɔs lɛk se dɛn nɔ ɛ:a bi +ukde:a bin sɔprayE wit wetin i si ɛn sink bak na in sidɔm ples, i bin rili wɔnda ɛn kɔnfyus

Fɔ dɔn, di kiJ se wit kol at, LD bɔy +ukde:a, we yu si mi yu bin tink se a na kiJ we dɔn put misɛf pan tin dɛn na di wɔl, bɔt luk yusɛfFYu lɛf di #lmayti ɛn >ɔd we de protɛkt yu fɔ protɛkt yu buk dɛn, we a nɔ bin pe atɛnshɔn to mi kiJdɔm ɛn pales we de bɔn >ɔd bin du dis mirekul fɔ sho yu se pan ɔl we yu de asCetiCism na di wɔl, yu de mɔna yu buk dɛn pas >ɔd, ɛn a de atak mi kiJdɔm mɔ, pan ɔl we a de li: na di wɔl instead fɔ de ayd ɛn a de na ɛmita@M

+ukde:a bin shem, ɛn di sem tɛm i bin no se dis oli kiJ na / ɛn nɔto ɔda wan / in spiritual gayd

!ɔn)iJ >anakka aks +ukde:a fɔ du wan strɔng tɛst fɔ tiCh am di art fɔ li: na di wɔl we i nɔ fɔdɔm insay in trap ɛn tay am wit in kɔnstrakshɔn * an de, di kiJ gi +ukde:a tu bol dɛn we ful/ɔp wit ɔyl te to di brim ɛn tɛl am se1 LPut wan bol na ɛni an ɛn go insay ɔl di rum dɛn na di pales wit in fayn fayn tin dɛn, ɛn go bak to mi afta yu dɔn si ɔl di tin dɛn we de insay de2M Contents Bɔt mɛmba se a nɔ go aksept yu as mi disaypul if yu alaw wan drop ɔyl fɔ fɔdɔm pan di kap dɛn72

!i kiJ bin aks tu pan in gad dɛn fɔ go wit +ukde:a

! at test bin rili tranga, bot afta tu awa, +ukhde:a komot win

! i kiJ se to am, 7+okdee:a, tɛl mi bɔt di ditel dɛn bɔt ɛni rum na di pales72

+ukde:a ansa se, 7(oyal " asta, mi maynd bin de ful/ɔp fɔ mek di ɔyl nɔ rɔsh pan di kap, ɛn na dat mek a nɔ bin notis ɛni ɔda tin na di pales72

! i kiJ ansa se, 7Yu dɔn disapɔynt mi, +ukde:aF Yu nɔ pas mi tɛst A aks yu fɔ Chɛk ɔltin na di pales Chɛmba dɛn ɛn di sem tɛm nɔ mek wan drop ɔyl kɔmɔt na di tu bol dɛn >o bak ɛn tray bak, ɛn kam to mi we yu dɔn ɛn tɛl mi wetin yu dɔn si72

ɛn awa afta dat, +ukhde:a kam bak wit kol at , nɔ bin dɔn tɔn ɛni ɔyl ɛn i nɔ bin de swet ɔ agitated lɛk bifo , bin ebul bak fɔ ansa di kiJ in kwɛstyɔn dɛn bɔt wetin de insay di pales ɛn tɔk bɔt di ditel dɛn bɔt in rum dɛn wit wɔndaful prɛsishɔn

)iJ >naka bin gladi fɔ di sakrifays we +ukde:a bin gɛt na di ɛgEam ɛn i bin tɔk wit saful :ɔys se1

7 " i pikin, na attaChment to possessions, no bi di possessions sef, na im de sos missery72

D +ukhde:a, na dis wɔl wi nɔ gɛt natinN tin dɛn we dɛn gi wi fɔ yuE di tɛm we wi de na dis wɔl fɔ sɔm tɛm +ɔm gɛt mɔ fɔ yuE pas ɔda wan dɛn, bɔt mɛmba se di @ɛntriman ɛn di po pipul dɛn ɔl tu go lɛf ɔltin biɛn we di tɛm riCh fɔ kɔmɔt Pɔsin nɔ fɔ li: layf we nɔ balans, tink bɔt >ɔd nɔmɔ ɛn nɔ pe atɛnshɔn to dɛn wok na di wɔl, lɛk fɔ put yu maynd pan di ɔyl we yu nɔ si wetin de insay di pales Bɔt insay yu sɛkɔn :isit, yu kip yu atɛnshɔn mɔ pan di ɔyl, yet di sem tɛm yu si ɔltin na di pales ɛn absɔb in fayn fayn ditil dɛn +emweso, yu fɔ

kip yu maynd ɛn@ɔy wit >ɔd, nɔ alaw di ɔyl we gɛt sɛns fɔ kɔmɔt na di bɔtul we yu gɛt sɛns, ɛn di sem tɛm yu fɔ aktif fɔ du wetin rayt ɛn du gud fɔ ɛp yusɛf ɛn di wan dɛn we >ɔd dɔn put na yu kia

Pis de fɔ una

Fɔ se day na biginin ɔ na ɛndG

,nsay di ia ɛn mɔnt dɛn, a bin de luk gud gud wan ɛn kɔntinyu fɔ luk fɔ am te a kam fɔ no di sikrit bɔt layf ɛn day ɛn if sol dɛn kin kam bak to bɔdi afta dɛn dɔn lɛf dɛn bɔdi we dɔn pwɛl

Fɔ bɔku pipul dɛn, dis kin tan lɛk natin pas wan aidia, ɔ @ɔs wan bili: bikɔs ɔf di lɔk fɔ pruf Bɔt a nɔ de tɔk frɔm @ɔs bili:ℕ A dɔn fɛn pruf fɔ layf afta day ɛn bɔn bak +o, a kin kɔnfɔm dis tru tin frɔm mi yon pasɔnal ɛkspiriɛns

Pan ɔl we mɔtalman kin si day wit fred ɛn sɔri/at, di wan dɛn we dɔn go bifo wi na dɛn ples dɛn de we pipul dɛn kin gladi, kin si day as wɔndaful tin we kin mek wi gɛt gladi/at, pis, ɛn fridɔm

$ayf afta day go rili faynF Nɔ nid nɔ go de fɔ kɛr dis ebi ebi bɔndɛl bon wit ɔl di pen ɛn trɔbul dɛn we gɛt fɔ du wit am +ɔl dɛn na di ethereal wɔl de kip dɛn kɔnshɛns ɛn gladi fɔ dɛn fridɔm frɔm ɔl di fyEikal, matirial kɔnstrakshɔn dɛn

* e pɔsin day, i kin fɔgɛt di tin dɛn we di bɔdi nɔ ebul fɔ du ɛn i kin no aw i rili fri !ɛn kin fl fɔ fred fɔ sɔm sɛkɔn1 i kin fred fɔ di tin dɛn we i nɔ no, i kin fred fɔ sɔntin we mɔtalman nɔ sabi Bɔt afta dat, di sol kin gɛt dip no ɛn gladi pasmak we i kin gɛt fridɔm frɔm ɔl

di tin dɛn we kin ambɔg am, mɔ di flin we i kin fl se i de ausayd di fEik keCh

Natin nɔ de fɔ fred, bikɔs as lɔng as pɔsin nɔ day, i stil de alay:, ɛn we i day, na di ɛnd ɛn natin nɔ go lɛf fɔ fred

!ay na kɔmɔn ɛkspiriɛns1 Chen@ we ɔl mɔtalman de go tru $ɛ wi kɔre@ wisɛf wit di tru tin se day kin apin to ɔlman, ɛn na tɛm fɔ rɛst frɔm di lod ɛn wɔri we de na layf

!ay na fayn ɛkspiriɛns, bɔt pɔsin nɔ fɔ wish am as fɔ rɔnawe pan layf in harsh lɛsin dɛn Fɔ rɔnawe na mistek ,lɛk wetin apin to am na dis wɔl, pɔsin fɔ fes dɛn wit maynd ɛn maynd *e pɔsin ebul fɔ bia wit layf in prɔblɛm dɛn, day kin bi blɛsin we i fɔ gɛt

!ay nɔto ɛnd, bɔt na fɔ shɔt tɛm fridɔm we di di:ayn lɔ fɔ @ɔstis Hkarmal gi sol dɛn we dɛn de du dɛn wok fayn fayn wan, ɔ we pen dɔn taya dɛn trɛnk so dat dɛn nɔ go ebul fɔ bia fɔ li: ɛn kɔntinyu fɔ waka na dɛn rod

Fɔ di wan dɛn we de sɔfa Hɛn di wan dɛn we de tink bɔtI, day na fɔ fri frɔm di pen we dɛn de sɔfa na di bɔdi to wan stet we gɛt kol at, wek, ɛn pis Fɔ di wan dɛn we dɔn ol, na penshɔn we dɛn fɔ gɛt we dɛn fɔ gɛt tru di ia dɛn we dɛn de kɔntinyu fɔ wok ɛn strɛCh Fɔ ɔlman, na wɛlkɔm rɛst Bɔt insay dis rɛst, di tin dɛn we dɛn kin want we dɛn kin slip we nɔ kin apin we dɛn de na di wɔl ɛgEistens de wek, ɛn di sol de fl se i nid fɔ fulɔp dɛn *e dɛn tin ya we dɛn want, dɛn kin drɔ di sol bak na di wɔl ɛn dɛn kin bɔn am bak

*i tru tru sɛf, ɔ sol, nɔ de day insay in ɛsin *i kin slip fɔ sɔm tɛm bikɔs ɔf da Chen@ we dɛn kɔl day, bɔt

wi impɔtant aydentiti nɔ go ɛ:a pwɛl * i de, ɛn wi ɛgEistens de sote go * an wef kin kam na di sho ɛn afta dat i kin kam bak na di si we i nɔ lɔs in ɛsinɴ bifo dat, i kin @ɔyn wit di si ɔ i kin kam bak bak as ɔda wef

! i bɔdi kɔmɔt na di kɔsmik si ɛn i go day, bɔt di ɛsin fɔ di sol we de insay di bɔdi nɔ go ɛ:a stɔp fɔ de sote go Bikɔs fɔ dɔnawe wit da di:ayn ɛsin de nɔ pɔsibul

* etin mek wi kin kray we di wan dɛn we wi lɛk dayG Bikɔs wi de kray fɔ wi lɔs ,f di wan dɛn we wi lɛk dɔn lɛf wi fɔ stɔdi na skul dɛn we bɛtɛ pas di skul dɛn na layf, wi fɔ gladi fɔ dɛn instead fɔ kray fɔ dɛn Fɔ kray fɔ di sol dɛn we dɔn day de mek dɛn tay dɛn na di wɔl wit di rop dɛn we wi de sɔri, we de ambɔg dɛn fɔ go bifo to ay le:ul dɛn na >ɔd in ɔrayEin we nɔ gɛt bɔda

! ay kin kam to di wan dɛn we de wok tranga wan ɛn wok tranga wan na layf as promoshɔn to ay stetɔs ɛn rank -n fɔ di wan dɛn we nɔ ebul, i kin kam bak fɔ gi dɛn nyu Chans na nyu en:ayrɔmɛnt fɔ tray bak ɛn gɛt sakrifays

! i wan dɛn we nɔ gɛt layt de si day as tik wɔl we de ayd dɛn padi ɛn pipul dɛn we dɛn lɛk biɛn am sote go Bɔt di wan dɛn we nɔ gɛt ɛnitin fɔ du wit dɛnsɛf ɛn we dɛn want fɔ dɛnsɛf, we lɛk ɔda pipul dɛn as mɔtalman we de sho >ɔd, ɔndastand se we dɛn day, di wan dɛn we dɛn lɛk kin go bak to >ɔd fɔ blo insay ,n big big ples di briE we de blo fridɔm ɛn klin gladi at

* i fɔ sɛn lɔ: tinkin to di wan dɛn we dɔn pas ɛn aks >ɔd fɔ gi dɛn pis ɛn kɔmfɔt na dɛn nyu wɔl ! is kin bi bay we wi de pe atɛnshɔn gud wan pan di pɔynt bitwin di aybrɔw ɛn sɛn spiritual mɛse@ to di wan dɛn

we wi lɛk na di layf we wi dɔn day * i fɔ sɛn bak tink bɔt ɛnkɔre@mɛnt ɛn lɔ: ,f wi mɛse@ dɛn kɔntinyu, dɛn go mɔs fl am ɛn ansa wi flin Fɔ dɛnsɛf, insɛf, tink bɔt wi ɛn de wet fɔ wi, @ɔs lɛk aw dɛn kin gladi ɛnitɛm we wi mɛmba dɛn ɛn sɛn mɛse@ to dɛn we de sho se wi lɛk dɛn ɛn we wi want

-n di de go kam we >ɔd go mek di wan dɛn we lɛk dɛnsɛf kam togɛda bak, ɛn da tɛm de wi go no se dis mɔtalman layf nɔto ɔl wetin de, bɔt na @ɔs wan link na di Chen fɔ wan rilayshɔnship we go de sote go ɛn we nɔ go brok wit wi padi ɛn pipul dɛn we wi lɛk na dis layf ɛn di nɛks layf

Pis de fɔ una

fayn riEɔlt

! i maynd de mek ɛn mek nyu tin, na dat mek i fɔ gayd am fayn so dat i nɔ go mek

Na gud aidia ɛn tin nɔmɔ ,f yu ol wan aydia, wit wil ɛn maynd, i go du am

, go tek wan we we pɔsin kin si ɛn we pɔsin ebul fɔ yuE wetin i want fɔ du sɔntin

Bikɔs i kin yus ɔltɛm ɛn i kin ebul fɔ bil, i kin bi di masta fɔ in destiny

ri impɔtant we dɛn de fɔ Cha@ yu wil pawa ɛn mek i strɔng ɛn wok fayn1

Fɔ pik wan simpul wok ɔ wok we nɔ bin pɔsibul fɔ praktis ɛn masta bifo, ɛn di disayd fɔ du am

+akses na da wok ɔ wok de

Fɔs, mek shɔ se wetin yu dɔn pik na sɔntin we pɔsin kin ebul fɔ du, dɔn nɔ gi: ɔp we yu nɔ ebul fɔ du am

-n fɔ lɛ pɔsin nɔ ebul fɔ du sɔntin

Fɔ pe atɛnshɔn pan wan gol ɛn yuE ɔl di ɛna@i ɛn Chans dɛn we de fɔ riCh am

Na dat na di gol

, rili impɔtant fɔ mek shɔ ɔltɛm, dip insay di kwayɛt sɛf, na wetin pɔsin want ɛn tray fɔ

!i tin we i aks fɔ na fɔ in bɛst ɛn i gri wit wetin >ɔd want !ɔn i go ebul fɔ yuE in ful pawa

!i tin we i want fɔ du fɔ riCh wetin i want, pan ɔl we i de pe atɛnshɔn pan >ɔd, we na di say we i de gi ɔl di pawa

-n di tin dɛn we dɛn dɔn du

Fɔ fred kin mek di ɛna@i we de na layf wik

"ɔtalman maynd na big big tin fɔ kip ɛna@i ɔ impɔtant tin fɔ du !is wok na

, de yuE am ɔltɛm fɔ mek di mɔsul dɛn de mu: ɛn fɔ mek di at, di lɔng dɛn, ɛn di dayafragm wok

di sRl mRtabolism Rn di bSdi kRmikSl riakshSn dRm, Rn insay di fSnshSn fS di sRns Sgan dRm

HNer:esl Apat frɔm dat, dɛn kin spɛn bɔku pan di impɔtant ɛna@i insay

in, flin, ɛn wil

Fɔ fred wikɛd impɔtant akti:iti Na wan pan di faya faya ɛnimi dɛm fɔ di aktif wil Fɔ fred de bays pan

bay we yu de swRl Rn ambɔg di layf akti:iti we n Smal fS fSlS SltRm to di nR: dRm, i de sho lRk se

, dɔn paralayE, so di bɔdi kin taya ɛn in trɛnk kin go dɔJ bad bad wan

Fɔ fred nɔr de ɛp yu fɔ pul di tin wae de mek yu frayd , de wik di wil ɛn ɔ:astimulate di bren

fS sRnd signal we de ambɔg di bSdi in Sgan dRm FS fred de grip di at Rn i de mek di prSsRs nS de

* e pɔsin de digest, i kin mek bɔku prɔblɛm dɛn na in bɔdi * e di kɔnshɛns de kɔntinyu fɔ pe atɛnshɔn pan >ɔd

* i nɔ go fred natin ɛn wi go ebul fɔ win ɛ:ri prɔblɛm ɛn prɔblɛm wit maynd ɛn fet

* ish na want we nɔ gɛt di ɛna@i ,ntenshɔn na fɔ disayd fɔ du sɔntin1 fɔ fulfl wetin yu want ɔ

! esire * ill, na di ɔda say, yu kin sho am bay we yu se1 7A de wok tranga wan te a riCh wetin a want72

7A want am7 * e pɔsin tren in wil, i kin fri fɔs dɛn we gɛt impɔtant wok

-n fɔ gayd am, nɔto fɔ @ɔs want sɔntin we yu nɔ du wetin nid

Fɔ gɛt da tin de

Nyu tray afta dɛn nɔ ebul fɔ du dat kin mek dɛn rili gro

,:in if pɔsin nɔ ebul fɔ du natin fɔ bi sɔntin we de mek pɔsin want fɔ du sɔntin ɛn fɔ mek i gro na in bɔdi ɛn in spirit * e i nɔ ebul fɔ du sɔntin

Fɔ ɛni prɔ@ek, i fayn fɔ analayE ɔl di tin dɛn we gɛt fɔ du wit am, di tin dɛn we de apin, ɛn di tin dɛn we de apin fɔ pul dɛn kɔmɔt

Fɔ pul ɔl di pɔsibiliti fɔ ripit di sem mistek dɛn tumara bambay !isabling failure na di we we f t pas ɔl

-n di siEin we fayn pas ɔl fɔ plant di sid dɛn we go mek pɔsin gɛt sakrifays

Blow ɛn panCh frɔm sikɔstɛms kin mek i brus ɛn kɔntushɔn, bɔt pɔsin fɔ kɔntinyu fɔ gɛt kol at

(ayt ɛn wi ed ɔp * i nɔ fɔ gi: ɔp fɔ tray, bɔt wi fɔ tray bak

#da pas dat, ilɛk ɔmɔs tɛm wi nɔ ebul * i fɔ tray we wi tink dat

* i nɔ gɛt trɛnk fɔ tray tranga wan igen, te wi f l dip dip wan se wi dɔn du wi bɛst

* i bin du wi bɛst, ɛn wi go du ɔl wetin wi ebul te wi tray fɔ gɛt sakrifays

* i fɔ kɔntinyu fɔ fɛt di wɔ fɔ layf te di ɛnd, yuE wi pawaful pawa fɔ du sɔntin

Fɔ win ɔl di prɔblɛm dɛn we kin apin na layf

Nyu tin dɛn we dɛn kin du afta we dɛn nɔ ebul fɔ du sɔntin kin mek dɛn rili gro, bɔt dɛn fɔ mek dɛn wok togɛda ɛn mek dɛn gɛt mɔ pawa

* it tek tɛm atɛnshɔn ɛn ifɛkti: dinamik wil

,:in if yu dɔn fel te naw, i nɔ mek sɛns fɔ lɛ yu stɔp fɔ fɛt ɛn tek am se if yu nɔ ebul fɔ du natin as sɔntin we go apin to yu

-n bay fate , bɛtɛ fɔ mek pɔsin day fɛt pas fɔ lɛf fɔ tray as lɔng as i gɛt tɛm

, kin ebul fɔ du mɔ, bikɔs di tray we i de tray go kɔntinyu fɔ gɛt nyu layf i:in afta i day

+akses ɛn fail na di fayn autkam fɔ wetin pɔsin dɔn du trade, apat frɔm wetin

, de du am naw +o, di aidia dɛm fɔ sakrifays fɔ wek ɛn riCha@ frɔm di inkarnɛshɔn dɛm we bin dɔn pas

* it akti:iti ɛn :itality fɔ ebul kɔntrol tink bɔt fɔ fel na prɛsɛn layf

!i prɔblɛm ɛn prɔblɛm dɛn we pɔsin we gɛt sakrifays kin gɛt kin pas di wan dɛn we ɔda pipul dɛn kin gɛt

!i pɔsin we nɔ bin win bin fes am Bɔt di fɔs wan tren insɛf fɔ ri@ek di aidia fɔ fel ɔltogɛda

-n ditayli ɔltɛm

!i maynd fɔ Chen@ frɔm frustrashɔn ɛn pwɛl at to win ɛn win, frɔm wɔri to kol at

Frɔm intɛlektual kɔnfyushɔn ɛn saykolo@ik wɔri to mental fɔs, frɔm kɔnfyushɔn ɛn trɔbul

Fɔ gɛt pis, ɛn frɔm pis to oli spiritual gladi at

* e yu gɛt dis sɛns fɔ no yusɛf, di riEin fɔ yu layf go dɔn krawn wit sakrifays ɛn a@ɔst

>lorious

!i nid fɔ gɛt saykoanalysis

Fɔ di wan dɛn we want fɔ gɛt sakrifays, wi de gi dis ad:ays1

* an ɔda sikrit fɔ sakrifays na saykoanalysis ,ntrospekshɔn na miro we pɔsin kin si tru

! i dip tin dɛn we ayd na yu maynd, we ɔda we go de ayd frɔm yu, de sho ray fɔ no di pɔynt dɛn we yu nɔ ebul fɔ du

! ifrɛns bitwin gud ɛn bad tin ɛn tin dɛn we yu kin want fɔ du YuE yusɛf fɔ ɔndastand usay yu tinap naw

* etin yu want fɔ du, ɛn us tin dɛn de ambɔg yuG ! ifayn di kayn we aw yu rial wok de

No wetin mek yu de li: yu layf ray fɔ gɛt ɔl di kwaliti dɛn we pɔsin we rili bi gɛt

-n di wan we gɛt ay poEishɔn, we nɔ de mu: wit di tin dɛn we i lɛk ɛn di tin dɛn we i want, pan ɔl we i de mek in maynd gri ɛn gri wit >ɔd

Yu go go bifo kwik, sef ɛn kɔnfdɛns pan di rod fɔ riCh di gol we yu want

! i men gol na fɔ fɛn di rod fɔ go to >ɔd Bɔt wok ɛn rispɔnsibiliti dɛn de

! ɛn tin ya fɔ akɔmplit ɛn fulfl na dis wɔl * ilpawa kɔpl wit initiati: go ɛp wi

Fɔ difayn dɛn kɔmitmɛnt dɛn de ɛn fulfl dɛn to di ful mak

! i pawa we di tin dɛn we pɔsin kin du fɔ mek tin dɛn gɛt

* etin na initiati:G Na di abiliti fɔ mek tin dɛn insay pɔsin1 na spak frɔm di pɔsin we mek am

,nfnity de gi di abiliti fɔ mek sɔntin we nɔbɔdi nɔ ɛ:a mek bifo, @ɔs lɛk aw i de gi

!i motiːeshɔn fɔ du tin dɛn na nyu ɛn kriyaytiː we !i tin dɛn we pɔsin we gɛt spirit kin du

!i initiatiː kin bi as briliant ɛn astonishing as a shooting star -n i tan lɛk se i de mek sɔntin

Frɔm natin, i pruː se wetin i tan lɛk se i nɔ pɔsibul, rili pɔsibul fɔ yuE am

" an na di big big pawa we di spirit de mek

!i spirit fɔ du tin ɛn fɔ mek nyu tin dɛn de mek pɔsin ebul fɔ tinap pan in yon tu fut, fri ɛn indipɛndɛntN

* an pan di tin dɛn we kin mek pɔsin gɛt sakrifays

>ɔd in pikChɔ de insay ɔlman

Bɔku pipul dɛn kin ɛkskyuE dɛn yon fɔlt dɛn we dɛn nɔ kin taya fɔ kɔndɛm ɔda pipul dɛn *i fɔ riːɛns dis

!i poEishɔn na fɔ fɔgɛt ɔda pipul dɛn fɔlt Hwe nɔ de ambɔg pipul dɛnI ɛn put wi yon fɔlt dɛn ɔnda

!i maykroskɔp

+ɔntɛnde, i kin nid fɔ stɔdi ɔda pipul dɛn, bɔt if na so i bi, pɔsin fɔ kip wetin i de tink bɔt

Fri frɔm bias ɛn diskrimineshɔn Fɔ tink fayn ɛn we nɔ de tek wan pɔsin bɛtɛ pas ɔda pɔsin tan lɛk miro

!i klia, nɔ de shek shek miro, we nɔ de shek bay we dɛn de kɔndɛm am kwik kwik wan -n ɔl wetin de apia na da miro de

, go apia lɛk aw i rili tan, ɛn dɛn nɔ go mek am fayn ɔ Chen@ am

$ɛ wi si >ɔd in pikChɔ insay ɛːri mɔtalman, ilɛk uskayn trayb ɔ bili: * i go test di swit we lɔ: gɛt

! i oli wan na we wi fl wi wanwɔd wit mɔtalman, nɔto bifo ,n mutual serːiCe

* i fɔgɛt di smɔl sɛf Hdi egoI ɛn tɔCh di wan big sɛf we nɔ gɛt limit ɔ restrikshɔn

o am1 Na >ɔd in spirit we de mek ɔl mɔtalman gɛt wanwɔd ɛn mek dɛn kam togɛda

! i abit dɛn we pɔsin kin gɛt we i de tink, de kɔntrol mɔtalman layf

" ɔtalman abit gɛt di pawa fɔ aksɛleret ɔ delay sakrifays ,tTs not Aeeting inspirations or

Brayt aidia dɛm, fɔ tru, ɛːride maynd abit dɛm, de sho aw wi layf go go

" ental abit na mental magnet wae de atrak sɔm kayn tin ɛn pipul dɛm to wi

-n tin dɛn we kin apin * e wi de tink gud wan, dat kin mek wi ebul fɔ gɛt fayn ɛn bɛnift Chans dɛn, bɔt

Bad intɛlektual abit dɛn kin mek wi kam nia di wan dɛn we gɛt di kayn we aw pipul dɛn de bieː ɛn di tin dɛn we dɛn kin want fɔ du na di wɔl, ɛn to tin dɛn we nɔ kin bi so

! ɔn adːays

Bad abit kin neutraliEe ɛn dɛn pawa neutraliEed bay wae yu aːɔyd ɛnitin wae kin trigger am

gi am layf bak, we yu nɔ de pe atɛnshɔn pan am ɔltɛm Afta dat, di maynd fɔ de to di abit

Fɔ du gud ɛn fɔ wok fɔ kɔntinyu fɔ di:ɛlɔp am te i bi impɔtant pat pan wi layf na sɔntin we wi kin du

rɔst am ɛn abop pan am

,nsay wi, tu pawa dɛn de we de agens wi we de fɛt we nɔ de taya1 wan pawa we de kɔmpɛl wi fɔ du wetin wi nɔ fɔ du

* i kin du am, ɛn ɔda pipul dɛn kin gi ad:ays to wi wetin wi fɔ du, tin dɛn we kin tan lɛk se wi de du mɔ

!ifkulti !i fɔs :ɔys na bad :ɔys, we di sɛkɔn :ɔys na gud ɔ >ɔd in :ɔys

ru di tranga lɛsin dɛn we wi kin lan ɛ:ride, wi kin si klia wan se bad abit dɛn kin gi tik tin fɔ it

!i tin dɛn we pɔsin kin want we nɔ gɛt ɛnd, pan ɔl we gud abit dɛn kin gi di tik we pɔsin want

-n ay ay spiritual aspireshɔn !ɛn tray fɔ pe atɛnshɔn mɔ ɛn mɔ fɔ di:ɛlɔp di rayt we

Fɔ di spiritual tik we gɛt blɛsin, so dat wan de wi go a:ɛst di frut dɛn we wi dɔn maChɔ fɔ no wisɛf

Fil fɔ it

,f pɔsin ebul fɔ fri insɛf frɔm ɔl kayn bad abit, ɛn if i ebul fɔ du ɔltin

* etin gud ɛn nobul na lɔ: tru nobul ɛn gud, nɔto bikɔs bad de briJ sɔri ɛn rigrɛt

, go gro in spirit ɛn go bifo along di rod

Pɔsin go fri we i gri ɛn bay we i disayd fɔ lɛf in bad abit !ɛn go @ɔs fri we

, kin bi masta, we ebul fɔ gi ɔda lɔ to aw i de fl, aw i de tink, ɛn aw i want fɔ du wetin i nid

, du am, i:in if i go agens wetin i want ,nsay da pawa de fɔ kɔntrol insɛf ɛn fɔ kɔntrol insɛf

!i sid dɛn fɔ fridɔm we go de sote go de insay

A dɔn tɔk bɔt sɔm impɔtant tin dɛn we de mek a gɛt sakrifays te naw1 fɔ tink gud wan, fɔ du sɔntin fɔ du sɔntin, 2

+aykoanalysis, initiati:e, ɛn self Control Bɔku buk dɛn de tɔk mɔ bɔt wan ɔ mɔ pan dɛn tin ya

"ɔ pas dɛn tin ya, bɔt i nɔ gri se >ɔd gɛt di pawa we de biɛn di tin dɛn

!at na sakrifays Alignment wit di:ain will na di most impotant element fo aChie:ing sakses

!i:ayn wil na di pawa we de mu: di wɔl ɛn ɔltin we de pan am, ɛn di yuni:as ɛn ɔltin we de insay Na >ɔd in wil

Na >ɔd de push di sta dɛn na di spes, ɛn na in want mek di planɛt dɛn de na dɛn rod

-n di saykl dɛm fɔ bɔn, gro, ɛn rɔtin de gayd ɔl kayn layf Blɛsin fɔ >ɔd, ɛn blɛsin fɔ wetin i want !i wan dɛn we gɛt sɛns ɛn we sabi ɔltin

Pis, sɔri/at ɛn blɛsin fɔ >ɔd de pan una

spiritual ekstasis

$ 3 3 *7 , *7 7 , + ;
; , * * *7 3 (7 , 0
7-(+ 3 , *7 , *7 7 *
* * *7 7 * + 7 +3 *7 +

ink gud wan

,nsayt na di we we wi kin yuE fɔ no di wɔl fɔ Fɔm, we nɔ de si di fay: sɛns ɔ bay intɛlekt Na tru se di wɔl fɔ Fɔm de apia insay ɛn tru di sɛns wɔl, ɛn na tru se fɔ no di las wan min fɔ no di fɔs wan, bɔt difrɛns de pan aw dɛn no di tu

* i kin rili no di sɛns wɔl insay ɔl in dimɛnshɔn dɛn tru di sɛns we wi de si ɔ tink nɔmɔG Fɔ tru, nɔto tru tru tin dɛn we nɔ gɛt ɛnd, tin dɛn we de apin, lɔ dɛn, ɛn rilayshɔnship dɛn de, insay di nature ɛn insay wi yon bɔdi, we de stil bi buk dɛn we dɛn dɔn sial ɛn sikrit dɛn we ayd fɔ mɔtalman +o aw wi go ebul fɔ ɔndastand di spiritual say dɛn we de pas ɔl di tin dɛn we wi de tink ɛn we wi de flG

,nsayt de spring ɛn ɔpreshɔn frɔm insay di sol, we tink de kɔmɔt witout ,nsayt de alaw wi fɔ tinap fes to fes wit di trut, we tink de gi wi indaykt ime@ bɔt am

,nsayt de si di trut as wan kɔmplit wan bikɔs ɔf wan stren@ ɛn wɔndaful kɔnekshɔn Hbitwin am ɛn di trutI, we di maynd de wok fɔ sheb ɛn skata di trut

#l mɔtalman gɛt di pawa fɔ sɛns, @ɔs lɛk aw dɛn gɛt sɛns -n @ɔs lɛk aw dɛn kin tren ɛn rifn tink, na so bak pɔsin kin gɛt sɛns ɛn di:ɛlɔp ,nsay sɛns, wi kin gri wit di trut kɔmplit wanb!i wɔl we gɛt gladi/at , wit wanwɔd pan nɔmbaI ɛn wit di lɔ dɛn we de insay we de gayd di spiritual wɔl, ɛn wi de gri bak wit >ɔd

Aw wi kin no se wi deG Na tru di tin dɛn we pɔsin kin fl we i de flG * i sɛns dɛn kin tɛl wi bɔt wi ɛgEistens ɛn sho usay wi no se wi deG Na tru se nɔto di flin fɔ ɛgEistens nɔ de dipen pan di sɛns dɛm, we nɔ kin no bɔt ɛnitin if wi nɔ ɔndastand am fɔs se wi na pat pan di prɔses fɔ sɛns insɛf

Yu tink se di we aw wi de si tin ɛn di we aw wi de tink de tɛl wi se wi deG Fɔ tru, nɔto so, bikɔs di data na di maynd gɛt sɛns impreshɔn ɛn dɛn V as i tan lɛk V nɔ ebul fɔ pru: to wi se wi de

!i akt fɔ tink nɔ kin gi wi awareness fɔ ɛgEistens bikɔs ɛgEistens de insay di tinkin prɔses sɛf * e wi kɔmpia wisɛf to di ɛksternal wɔl ɛn tray fɔ riEin ɔ tink se wi de, di awareness fɔ ɛgEistens de insay di :ery akt fɔ tink ɛn riEin >i:en di limiteshɔn fɔ tink ɛn di

inadeYuaCy of di senses, aw wi go no se wi deG ! i ansa de nɔmɔ pan di sɛns we di sol gɛt ! is no na di we aw pɔsin de tink bɔt insɛf , pas riEin ɛn di sɛns, we nɔ gɛt ɛni ɛgEistens we nɔ gɛt sɛns

,nsayt at fɔ difayn bikɔs i so klos to wi ɔl -ni wan pan wi f l am * i nɔ no wetin na ɛgEistenshal awarenessG , so famili as fɔ defy di f nishɔn ,f yu aks pɔsin aw dɛn no se dɛn de, i nɔ go ebul fɔ ansa ! ɛn no, bɔt dɛn nɔ ebul fɔ difayn am ! ɛn kin tray fɔ ɛksplen ɛn ɛksplen am, bɔt dɛn wɔd dɛn nɔ kin ebul fɔ gi wetin dɛn f l insay dɛnsɛf ,nsayt gɛt dis kapasiti pan ɔl in fɔm ɛn manifestɔshɔn dɛn

! i nɔmba 5 we, we dɛn ɛksplen ɔdasay, na bay we wi de ɔndastand di mɔ we wi de pe atɛnshɔn to am, na di mɔ wi go no >ɔd

ru insayt, pɔsin kin kam fɔ no >ɔd, ɛn kɔnekshɔn kin establish bitwin di sɛns ɛn ideal wɔl ! ɛn kin si di las wan insay ɛn tru di sɛns wɔl ! ɔn di inAɛns we di sɛns dɛn gɛt kin dɔn, di tin dɛn we kin ambɔg wi kin dɔnawe, ɛn wi kin kam fɔ no >ɔdK di say we di blɛsin de kɔmɔtKɛn insay wi de dawn wan awareness of the Dne and All in Dne ! is na di insayt we di prɔfɛt dɛn, di big big pipul dɛn, ɛn sɛnsman dɛn na di wɔl

! i tɔd we, ɔ di kɔntemplati: we we wi bin dɔn tɔk bɔt, de kɛr wi bak to di wɔl fɔ sɛns we wi de praktis am tranga wan ɛn aktif wan, bɔt na indaykt we ɛn i nid mɔ tɛm fɔ mek insay wi wetin de apin tru dairekt insayt ɔ no

+o, tru insayt wi kin no >ɔd pan ɔl di tin dɛn we i de sho * i sɛns nɔ ebul fɔ sho am to wi, bikɔs dɛn @ɔs de si in apia na do No sɛns ɔ riEin nɔ go ebul fɔ rili no >ɔd, bikɔs di sɛns nɔ go ebul fɔ pas di infɔmeshɔn ɛn data we di sɛns dɛn gɛt , kin @ɔs ɔganayE ɛn intaprit di sɛns impreshɔn dɛn

* e di sɛns nɔ ebul fɔ mek wi kam nia >ɔd, di sɛns sɛf de fel bikɔs i de abop pan dɛn +o, wi fɔ tɔn to insay :ishɔn fɔ sho >ɔd insay in blɛsin fɔm ɛn in ɔda manifestɔshɔn dɛn

Bɔt sɔm tin dɛn de we de ambɔg dis we aw pɔsin kin si tin we pɔsin kin tink bɔt, lɛk sik, maynd wik, dawt, les, tin dɛn we pɔsin want fɔ du, tink we nɔ de Chen@, ɛn we i nɔ kin tinap tranga wan !ɛn tin ya we kin ambɔg wi kin gɛt ɔ wi kin gɛt am bay we wi de kip kɔmpin wit ɔda pipul dɛn * i kin win di tin dɛn we wi kin gɛt we wi gɛt fɔ du tin dɛn we de ambɔg ɛn we nɔ fayn fɔ du sɔntin, wi kin ebul fɔ win bay we wi de tray tranga wan pan wi maynd, @ɔs lɛk aw wi kin ebul fɔ win failure and frustration through willpower * it di rayt tray ɛn di kɔmpin wit gud pipul dɛnK di wan dɛn we de gi dɛn layf to >ɔdK wi kin pul bad abit dɛn kɔmɔt na di sol in gadin ɛn plant gud wan dɛn na dɛn ples

,f wi nɔ go wit di wan dɛn we dɔn si, tɔCh, ɛn ɔndastand di trut na dɛn layf, wi nɔ go no wetin na da trut de

!i spirit fɔ aks kwɛstyɔn de insay ɔlman, ɛn ɔlman na dis wɔl na pɔsin we de luk fɔ trut, we na in ɛriti@ we go de sote go, ɛn i de luk fɔ am ɔltɛm, wit sɛns ɔ fulish wan, te i fɛn am ɛn gɛt am bak kpatakpata

, nɔ tu let !i wan dɛn we de tray tranga wan go gɛt sakrifays, ɛn di wan dɛn we de bia go riCh usay dɛn want fɔ goF

$ *7 * 7

" asta Paramhansa Yogananda

!i rial aidia bɔt mɔtalman as pipul dɛn we wi nɔ de si wit di yay tan lɛk se i nɔ natin ɛn i nɔ mek sɛns * i de si wisɛf ɛ:ride as pipul dɛn we wi de si Bɔt bɔku we dɛn de we wi de sho wi ayd, impɔtant nature

Fɔ ɛgEampul, if yu lɔk yu yay, yu bɔdi nɔ go ebul fɔ si +o aw yu go no se yu deG Yu de fl di wet we yu bɔdi gɛt, ɛn yu kin yɛri, smɛl, test, ɛn fl, bɔt yu @ɔs rili de tink ɛn fl Yu na wan ayd kɔr we bɔku tin dɛn de rɔn rawnd Naw opin yu yay !i kwɛstyɔn na1 yu na di fɔm we yu de si, ɔ di insay pɔsin we yu bin fl @ɔs wan mɔnt bifo wit yu yay we yu lɔkG

!i mɔtalman we wi kin si nɔto big impɔtants !i ayd sɛf, ɔ sol, na in rili impɔtant * e yu de slip, yu nɔ no bɔt di mɔtalman we yu de si, bɔt yu de no bɔt yusɛf bikɔs we yu wek yu no if yu slip bin gɛt pis ɛn rɛst ɔ nɔto so +o, yu ayd sɛf na rial ,f yu nɔ bin gɛt dis sɛf we yu nɔ de si, yu ime@ we yu de si nɔ bin fɔ gɛt ɛni minin ɔ minin

,f di bɔdi nɔ bin de we ayd, i nɔ go gɛt wan :alyu, lɛk bɔdi we nɔ gɛt layf ɔ bɔdi we nɔ gɛt wan bɔt

!i ayd, insay pɔsin na di tru wan Bɔt stil, i stren@, pipul dɛn nɔ de tray fɔ analayE di kayn we aw dis ayd sɛf tanF !ɛn atɛnshɔn de ɔltogɛda pan di fyEikal fɔm, we dɛn kin tɔCh ɛn si iEi wan +o, dɛn kin spɛn dɛn de ɛn nɛt fɔ atɛnd dɛn fyEikal bɔdi ɛn in nid dɛm, nɔ de ɛ:a stɔp fɔ tink se di insay sɛf we dɛn nɔ de si na di tru rial tin

,nsay di bɔdi we wi de si, na wan bɔdi we gɛt layt we tan lɛk am Pan ɔl we mɔtalman nɔ de si am, na di planɛt ɔ ethereal ɛn:ilɔp fɔ di sol

Pipul dRm we dRn kSt fnga de fl lRk se i stil de de Rnibodi we dSn lSs wan limb no dis sensRshSn * an hiden, ethereal Counterpart S Counterpart de to R:ri Sgan na di bSdi Bihayn di fSshal at de wan hat we ayd, if i nS bin de di at we wi de si nS bin ebul fS bit "ɔtalman gRt Sgan dRm we wi nS de si fS si, yRri, bren, bon, Rn ner: dRn Sgan dRm, we na di tisu dRm fS layt Rn akti:iti, de kSnstSt di in:isible planRt bSdi fS di m Stalman !i planRt S ethereal bSdi lRk di :isible fSshal b

Sdi ! i difrRns na dat in luminous, : ital fSm na ekstrimli sSbtil

* e di bɔdi gɛt disabled, pɔsin nɔ fɔ kɔn : ins insɛf se in yay nɔ de igen ɔ i dɔn lɔs in an ! i yay ɛn an dɛn we wi nɔ de si stil de Pan ɔl we di bɔdi an kin paralayE, di an we wi nɔ de si nɔ de wok Nɔ ɛ : a bili : se di ɔgan dɛn we i nɔ de si kin afɛkt ɛni we bikɔs ɔf di sik we di bɔdi gɛt, bikɔs di bad tin dɛn we pɔsin kin tink go mek i nɔ ebul fɔ Aɔ impɔtant ɛna@i fɔ di ɔgan dɛn na di bɔdi

! i ilɛktrik kɔrɛnt de Aɔ tru di waya %swan impɔtant pas ɔl1 di waya ɔ di ilɛktrishɔnG ! i waya de @ɔs fɔ alaw ilɛktrishɔn fɔ pas tru am ! i ɛgEistens fɔ ilɛktrishɔn nɔ de dipen pan di waya +emweso, di bɔdi de fɔ mek di pɔsin we wi nɔ de si, di sol, yuE am, ɛn nɔto di ɔda we

, sɔri fɔ no se dis ayd sɛf de tay to di bɔdiF ,f nɔto dat, wi go ebul fɔ waka pan wata, Aay na di spes, ɛn go bak na di bɔdi

di ethereal bodi fS di : eiled self possess sensory perCeptions we fa fawe pas in physiCal Counterpart " ɔtalman dɔn mek mashin dɛm we, insay sɔm kes dɛm, de fa pas di fyEikal bɔdi, we de limited by numerous Constraints Bɔt as yu awareness of di ethereal body de di : RlSp, yu go si se i kin yRri wetin di ethereal bodi de di : RlSp, yu go si se i kin yRri wetin di yes nS kin yRri Rn si wetin di yay nS kin si , kin smRl, tRst, Rn tSCh tin dRm we de fa bifo di say we di fyEikal sɛns dɛn de

Pipul dɛn kin bisin bɔt ɛn intres ɔltɛm bɔt di lamp we de na di bɔdi we wi de si ɛn i nɔ kin ɛ : a kam na dɛn maynd fɔ fɛn da sikrit ilɛktrishɔn de we de layt da lamp de

! i mɔtalman we wi kin si gɛt siksti tin dɛn1 kemikal tin dɛn we pɔsin kin bay na makitF ! i bɔdi we

de na di bɔdi nɔ gɛt bɛtɛ :alyu pan di tin dɛn we de mek am , dɔn riCh di tɛm we mɔtalman go ebul fɔ ɔndastand mɔ bɔt di mɔtalman we wi nɔ de si !is mɔtalman we ayd na di wan we gɛt abiliti, tink, ɛn kɔmpin di wan we lɛk ɛn tink ɛn if i nɔ de, di bɔdi nɔ gɛt natin pas di kemikal ɛlimɛnt dɛn we i mek frɔm

!i spɔtlayt fɔ di maynd fɔ de insay, fa frɔm di mɔtalman we dɛn kapChɔ, we pɔsin kin si

!i bɔdi we de na di bɔdi kin sɔfa wit bak pen ɛn kramp, ɛn i kin pwɛl ɛn rɔtin bak wit di e@ , kin kray ɔltɛm, kray, ɛn want dis ɔ dat

!i mɔtalman we wi kin si nɔ kin ebul fɔ bia we pɔsin fɔdɔm bad bad wan ɛn we kin krɔs in bon, ɛn sɔntɛnde i kin shrink bikɔs i @ɔs Chuk smɔl pin

!i mɔtalman we wi nɔ de si nɔ gɛt ɛni bad bad tin , fri ɛn i nɔ ebul fɔ kɔntrol insɛf , kin pul ɔl di prɔblɛm ɛn anɔynt dɛn we de na di bɔdi we wi de si

!i mɔtalman we ayd insay wi na wi tru tru sɛf

!at bi we de biɛn di atɔm dɛn na di bɔdi na di sol, we nɔ de Chen@, we nɔ de Chen@, ɛn we nɔ de ɛ:a Chen@ ɔ dɔnawe wit am

Pɔsin kin tink se na di bɔdi, bɔt dɛn nɔ de * an pat pan ays kin mɛlt ɛn nɔ de si am tru e:apɔreshɔn !is prɔses kin ri:ɛns bay we yu kɔndens di :apour to likwid ɛn afta dat yu friE di likwid bak to sɔlid

Fɔ li: @ɔs fɔ no bɔt di bɔdi we wi de si kin ambɔg di spirit bikɔs di bɔdi kin gɛt di pen dɛn we sik, in@uri, angri, ɛn day kin gɛt * i nɔ fɔ bili: wisɛf se wi na @ɔs dis bɔdi we wi kin si, we kin rɔtin ɛn pwɛl

!i mɔtalman we ayd insay wi nɔ go ebul fɔ kil ɔ du bad * i nɔ fɔ tray tranga wan fɔ ɔndastand wi we wi nɔ no, we go de sote goG

* e wi no mɔ bɔt dis ayd sɛf, wi go ebul fɔ kɔntrol di mɔtalman we wi de si, lɛk aw di big big masta dɛn de du !i wan dɛn we de fl dɛn oli pawa ɛn no se di

ayd, insay sɛf de de, kin kɔmɔt nia di sɔfa we wi de sɔfa pan bɔdi, i:in we di mɔtalman we wi de si de pan trɔbul ɛn den@a

* etin na di rod fɔ mek wi gɛt da rayt deG

" ɔ tɛm fɔ spɛnd na di kwayɛt fɔ tink ɛn pis !is kin tan lɛk se i nɔ fayn fɔs, bikɔs fɔ li: wit kɔnshɛns awareness fɔ di bɔdi ɛn fɔ pasmak aydɛnshɔn wit in sɛns de mek i nɔ iEi fɔ tink bɔt ɛni ɔda tin pas pɔsin in trɔbul we nɔ gɛt ɛnd, wetin i want, ɛn nid Bɔt wan nyu dimɛnshɔn go opin insay mɔtalman kɔnshɛns we pɔsin afɛm dɛn spiritual aydentiti ɛn kɔn:ins insɛf se dɛn na fɔ tru, dɛn mek am lɛk aw >ɔd klin, se dɛn layf nɔ go ebul fɔ pwɛl ɛni we, ɛn na dɛn na di pɔsin we ayd, we go de sote go

!at mɔtalman we wi nɔ de si de fɔm insay >ɔd in ime@, fri lɛk di di:ayn spirit ,nsay di mɔtalman we wi de si de lay ɔl di wɔl in kɔnstrakshɔn ɛn trɔbul dɛn As soon as wi kam fɔ no bɔt wi bɔdi, wi de tay bay dɛn limiteshɔn !is na di riEin we mek di big wan dɛn de tiCh wi fɔ lɔk wi yay ɛn mɛmba wisɛfK through meditation on the hidden selfKse wi nɔ de bound by di limited physiCal Capabilities of the di bɔdi

Bɔku tɛm a dɔn afɛm wit big fet ɛn kɔn:ikshɔn se, 7 " i bɔdi nɔ tay mi -nisay we a want fɔ go, a de de wantɛm wantɛm72

Yu kin se, 7 !at na @ɔs wan aidia7 Fayn Bɔt wetin na aydiaG #ltin we yu si rawnd yu na kɔnkrit aidia Yu nɔ go ebul fɔ kɔnsɛ: ɛnitin we yu nɔ tink bɔt in insɛf nɔ de si, yet i de mek ɔltin we wi de si rial +o, if yu ebul fɔ kɔntrol yu tink, yu kin mek ɔltin si, ɛn yu kin si ɔltin tru di pawa we yu maynd fɔs gɛt

* e yu de fos yu maynd tranga wan ɛn dip, yu kin si wit yu maynd in yay wetin yu de tink bɔt, @ɔs lɛk se yu de si am wit yu bɔdi yay in dɛn we yu nɔ de si kin Chen@ to ɛkspiriɛns we yu kin si

,f yu lɔk yu yay, yu nɔ go ebul fɔ si yu bɔdi, yet i stil de rial to yu +o wetin mek yu tink se di pɔsin we ayd nɔ rial @ɔs bikɔs yu nɔ ebul fɔ si amG

* e yu de tink gud wan yu de luk di daknɛs biɛn yu yay we yu lɔk ɛn fos yu maynd pan di hiden sɛf ɔ sol we de insay yu

* e yu praktis fɔ kɔrɛkt yusɛf ɛn tɔn yu maynd insay akɔdin to di sayɛns mɛditeishɔn tɛknik dɛn we yu spiritual gaydman de gi yu, yu go gro smɔl smɔl na spirit Yu meditashɔn dɛn go dip, ɛn yu sɛf we yu nɔ de siK di spiritual ime@ fɔ >ɔd insay yuK go bi rial to yu ,nsay dis gladi gladi wek fɔ no yusɛf, di limited fyEikal kɔnshɛns we bin rial trade nɔ go bi rial, ɛn yu lan se yu dɔn fɛn yu tru tru pɔsin we yu nɔ go ebul fɔ win ɛn yu dɔn no se i gɛt wanwɔd wit >ɔd

Yu go no bak aw di mɔtalman we wi nɔ de si de tay pan di bɔdi we wi de si bay we i de atak am we na kɔd we de na di maynd ɛn imɔshɔnal kɔd ɛn we i want fɔ gɛt patikyula tin dɛn na di wɔl

Bɔt we, tru dip meditashɔn, yu kin pul ɔ kɔt dɛn Chen dɛn de, yu go fri ɛn yu go no se yu na >ɔd in ime@ $uk di mɔtalman we yu nɔ de si we dɛn put na @el na di fɔrɛst we gɛt bɔdi ɛn matirial sɛns

,f yu bin no da mɔtalman we wi nɔ de si @ɔs wan tɛm, yu go no se di bɔdi we wi de si na in ɔda shel, ɛn i gɛt bɔdi we de shayn ɛn bak in bɔdi we gɛt sɛns insay, ɛn yu go no bak se yu bi stren@ pɔsinF

Fokus yu tinkin pan da yusɛf we yu nɔ de si ! i mɔtalman we yu de si na ilyushɔn ɛn lay lay pɔsin ! i pɔsin we de insay ɔ we yu nɔ de si na di tru wan * e yu no dis, yu go no se yu nɔto bɔdi ɛn blɔd, bɔt yu na di pɔsin we ayd we yu nɔ go ebul fɔ riCh fɔ rɔtin ɛn pwɛl

Yu na sol, ɛn di sol nɔ de dayF Nɔ tink se di gre: na yu ɛnd * e di bɔdi we yu de si day, di sol de muf to

ɔda lɛ:ul fɔ ɛgEistens Natin nɔ rili pwɛl !i ɔri@inal fɔm fɔ di bɔdi de ɔltɛm na di ɛtɛ

Pipul dɛn fl se dɛn pipul dɛn we dɛn lɛk we dɔn day dɔn go sote go bikɔs dɛn nɔ gɛt di maynd fɔs fɔ si dɛn insay dɛn transluCent fɔm dɛn na di ethereal realm usay dɛn de #ltɛm tink bɔt dɛn tru tin ya, ɛn ripit to yusɛfKif yu intres pan dɛn tin yaK7" i na >ɔd in layt diEayn a de sote go ɛn a de waka waka ɔltɛm na >ɔd in kiJdɔm72

Yu na da pɔsin we ayd we day nɔ go ebul fɔ tɔCh ɛn misfɔstans nɔ go ebul fɔ afɛkt, ɛn yu go de so sote go +o wetin mek yu nɔ no se yu nɔ go day nawG

* i fyEikal yay de ful wi fɔ tink se dis tu wɔl na rial Dpin yu spiritual yay ɛn si yu fɔm we yu nɔ de si * e yu spiritual yay opin insay di stilnɛs we de insay saylɛns, di tin dɛn we ayd go bigin fɔ si

* e yu de tink, drim, ɛn pe atɛnshɔn dip wan, na yu na di pɔsin we de ayd fɔ mek pipul dɛn nɔ si yu !a pɔsin de na di rial pɔsin, ɛn di pɔsin we yu de si na @ɔs dɛn shado

Fɔgɛt di shado ɛn mɛmba di rial tin

Bi wan wit di pɔsin we wi nɔ de si

!i klin ime@ fɔ di "asta fɔ ɔl di tin dɛn we >ɔd mekF

Pis de fɔ una

,ntrodyus di kɔsmik kɔnshɛns

)ɔsmik kɔnshɛns nɔ go ebul fɔ riCh as lɔng as i:in smɔl intɛlektual trem ɔ smɔl wef de fɔ mental wɔri +ayntis mɛditeishɔn tɛknik dɛn de rili impɔtant di kwaliti fɔ mental fɔs ɛn ɛp pɔsin fɔ ebul fɔ kɔntrol dɛn tinkin, so dat i go se: dɛn fɔ lɔng tɛm we dɛn nɔ de frut na di say we di wan dɛn we nɔ de no de, wi nɔ de dinay di yusfulnɛs we di nɔ kɔnshɛns gɛt as ples fɔ kip

mɛmori ɛn as ples fɔ slip ɛn drim Bɔt dis eria kin bi sɔntin we de ambɔg fɔ tink gud wan, ɛn i kin ol in yon atrakshɔn fɔ di wan dɛn we kin lɛk fɔ tink bɔt tin dɛn ɛn we kin want fɔ kɔnɛkt wit di spirit wɔl bay we dɛn kin go insay di say we dɛn kin ima@in tin dɛn we nɔ gɛt ɛni rial tin ɔ spiritual :alyu ɛn we nɔ rili difrɛn frɔm ɔdinari drim dɛn na nɛt +ayntis we dɛn kin yuE fɔ tink gud wan, pan ɔl we pɔsin kin tray fɔ du sɔntin, kin mek di maynd go bifo to wan sublime stet fɔ no yusɛf ɛn fɔ gɛt wanwɔd wit >ɔd

* etin wi fɔ a:ɔyd na da eria de we ful/ɔp wit ilyushɔn, ima@inari ɛkspiriɛns dɛn we sɔm mistek fɔ bi spiritual wan dɛn, bɔt we na ɛnitin pas spiritual ru spiritual ɛkspiriɛns ɛn tru tru rialiEashɔn fɔ trut nɔ go ebul fɔ gɛt if yu nɔ pe atɛnshɔn pan >ɔd)ɔntemplati: kɔnsɛntreshɔn na stet we kɔmplit mental absɔpshɔn ɛn tɔtal stilnɛs fɔ kɔnshɛns ! i nature of eOistenCe na mu:mɛnt, we di nature of di spirit na stilness ɔ immobility +o, kɔnsɛntreshɔn impɔtant fɔ mek oli wanwɔd ! i we ɛn art fɔ kɔnsɛntret ɛn tink gud wan we dɛn de tiCh na di lɛsin dɛn fɔ no insɛf de mek mɔtalman kɔnshɛns alaynɛd wit di:ayn kɔnshɛns kɔmplit wan

! i wɔl in we na fɔ priCh bɔku ɛn put smɔl na prɔsis Yu kin yɛri lɛkChɔ bɔt ɔni wan ɔndrɛd tɛm, bɔt yu nɔ go no in Aawa te yu test am +emweso, di tru :alyu fɔ ɛni tiChin kin @ɔs bi tru prɛktis * i fɔ aplay ɛn li: bay di tiChin dɛn we prɔfɛt ɛn big big pipul dɛn de tiCh ! ɔn dɛn trut go bi wi trut, ɛn wi go no se trut kin pru: ɛn sho, ɛn dat i de ɔlsay * e wi de waka na di layt fɔ di trut, ilɛk wetin wi bili: ɔ wetin wi de du, >ɔd go gri fɔ tek wi wok ɛn put wi wit di wan dɛn we i dɔn pik

* an fɔ waka di trut rod wit sinsi ɛn stedi " ɛmba, dia pɔsin we de luk fɔ, se pan bɔku bɔku pipul dɛn, na smɔl pipul dɛn nɔmɔ de rili luk fɔ >ɔd -n i:in pan dɛn pipul dɛn de we de luk fɔ >ɔd, na smɔl nɔmba nɔmɔ de bia te di ɛnd Bɔt di wan we de kɔntinyu fɔ waka na di rod go kam fɔ no >ɔd As lɔng as dɛn at de wit >ɔd, dɛn go riCh di gol we dɛn want, ilɛksɛf dɛn stɔp ɛn fɔdɔm As lɔng as dɛn want klin ɛn wetin dɛn de du klin, dɛn nɔ gɛt natin fɔ fred, ɛn dɛn nɔ go f l bad

+o, wi fɔ du ɔl wetin wi ebul fɔ mek fɔ tink bɔt >ɔd bi ɛkspiriɛns we wi dɔn li: na wi layf Fɔ tru tru fet na impɔtant tin ɛn we nɔ impɔtant, bikɔs fɔ @ɔs mek lɛk se i de mek lɛk se i prawd mɔ ɛn mɔ ɛn i de mek dɛn nɔ gɛt di tru tin we dɛn want fɔ du

A op se >ɔd #lmayti go tek di fɔs ples na una layf ɛn se una nɔ go ɛ:a fɔgɛt Am, nɔto i:in fɔ smɔl tɛm " ek una nɔ satisfay wit di gladi gladi we nɔ de te na dis wɔl, bɔt una mek >ɔd bi yu blɛsin ples fɔ go ɛn yu ɔltimat gol na layf Bihayn di limited bɔdi de di in f nite Absolute A nɔ de tɔk bɔt spiritual tin dɛn pas a f l >ɔd wit mi ɛn se a de in pafɛkt wanwɔd wit &im -n we a de tɔk frɔm da awareness de, a no se mi wɔd dɛn imbued wit di spirit fɔ tru, ɛn se ɔl di wan dɛn we de luk fɔ tru tru pipul dɛn go no di trut fɔ wetin a de tɔk

+ɔm pipul dɛn de we kin kɔnfyus di tru tin dɛn wit lay lay tin dɛn, ɛn dɛn kin tɔk tranga wan se di tru tin dɛn na lay lay stori ɛn lay lay tin dɛn, ɛn di tin dɛn we dɛn kin tink bɔt na tru tin dɛn ɛn layt dɛn we de shayn na daknɛs

! i ebul fɔ pe atɛnshɔn rili impɔtant pan di spiritual rod fɔ go bifo ɛn fɔ gro na spirit ,f pɔsin nɔ pe atɛnshɔn pan in maynd, i nɔ go ɛ:a ebul fɔ fɛn >ɔd * i fɔ lan fɔ lɔk di winda dɛn fɔ kɔnshɛns fɔ mek ɔda :ɔys

dɛn we de na dis wɔl ɛn tin dɛn we de ambɔg am nɔ kam insay

* e dɛn kalibrayt kɔnshɛns ɛn spiritually tuned, wan ɛkspiriɛns kɔnekshɔn de riCh, ɛn di pɔsin we de luk fɔ di di:ayn preEɛns >ɔd de ɔltɛm ɛn sote go wit mɔtalman ɛn ɔlsay Bɔt, di inability fɔ no ,n preEɛns kɔmɔt frɔm di maynd in preoCCupation wit bɔku purely worldly matters FoCused attention, or meditation on >od, is the tool that enables us to feel ,n nearness o this end, +uf dɛn kin kɔntinyu fɔ mɛmba >ɔd, dɛn kin ripit >ɔd in nem Hlɛk 7No gɔd nɔ de pas >ɔd7 ɔ 7D $i:ing, D +elf/+ubsisting7I te dɛn ɔl biin absɔb insay di minin !ɛn kɔnshɛns kin Chen@ iEi wan to di spiritual dimɛnshɔn, ɛn dɛn kin ɛkspiriɛns stet dɛn fɔ spiritual ɛkstaEi we fba di wan dɛn we yoga pipul dɛn kin ɛkspiriɛns we dɛn de tink gud wan bɔt di spiritual ɛkspiriɛns na wan, pan ɔl we dɛn kin gɛt di difrɛn we dɛn fɔ gɛt am

>ɔd nɔ de fa frɔm mɔtalman Na mɔtalman we de distans insɛf frɔm >ɔd bay wilful tru in tink ɛn akshɔn * e yu si tru tru spiritual layt we yu de tink gud wan, tray fɔ grap am ɛn fl se yu de insay am1 wan wit am >ɔd de na di at fɔ da layt deKlayt pan layt -n di mɔ yu de kam nia da blɛsin layt de, na di mɔ yu de kam nia >ɔd

* an sayn we difrɛn frɔm di:ayn layt na dat di :ishɔn we i de si kin ɔltɛm wit wan flin we kin apin wantɛm wantɛm ɛn we kin mek i gladi ɔ gladi we kin pas ɔlsay na ɛ:ri atɔm na ɛ:ri sɛl na ɛ:ri tisu na di bɔdi !is flin fɔ gladi nɔto sɔntin we pɔsin kin tink bɔtN bifo dat, sɔm kin si am se i nɔ kin iEi fɔ bia di kayn we aw di spiritual gladi at kin tranga bikɔs di maynd ɛn bɔdi nɔ kin yus to am !is gladi gladi na di men gol, ɛn

blɛsin fɔ di wan dɛn we de test in nɛktɔ, bikɔs dɛn dɔn drink frɔm di spring we de kɔmɔt na di wata we gɛt layf

! i mɔ pis we pɔsin de f l we i de kɔnsɛntret, na di mɔ dɛn go dip ɛn gɛt sakrifays we dɛn de tink gud wan bɔt >ɔd ,f di tɛm we dɛn spɛn fɔ rid spiritual buk dɛn, dɛn bin de yuE am insted fɔ tink gud wan, di prɔgrɛs, pan maynd ɛn spiritual, go bi fa fawe Pipul dɛn we de luk fɔ siriɔs pipul dɛn kin ridyus dɛn slip ɛn dediket mɔ awa fɔ tink gud wan bikɔs di ɔda tin dɛn we dɛn kin ɛkspiriɛns we dɛn de tink gud wan kin mek dɛn gɛt trɛnk ɛn mek dɛn f l fayn pas slip

,f pɔsin nɔ ebul fɔ mek di :ɔys dɛn we de na in kɔnshɛns nɔ tɔk natin, i nɔ go ebul fɔ riCh to >ɔd ! is na di riEin we mek prɔfɛt ɛn oli pipul dɛn bin de fɛn say fɔ rɔn go na ke:, mawnten, ɛn fɔrɛst , rili nid fɔ put yusɛf insay stilnɛs insay in at bɔku tɛm tru di prɔsis fɔ kɔnsɛntret ɛn tink gud wan, ɛn afta dat dɛn go fɛn big pis ɛn dip gladi at As di sɛns tɛks dɛn se1

! i wan we fri frɔm nyu tin dɛn we i want ɛn we i want fɔ gɛt prɔpati, we de kɔntrol in at ɛn maynd Hin f lin ɛn tinkI ɛn we de luk fɔ ples we kwayɛt, fɔ tray ɔltɛm fɔ gɛt wanwɔd wit di spirit we de ɔlsay na di wɔl

, nid bak fɔ mek wi praktis mɔ fɔ mek wi nɔ tɔk natin na say dɛn we wi de wɔship * i fɔ tɔk smɔl ɛn tink gud wan * e a bin de tren mi spiritual trenin na ,ndia, mi tiCha, +ri Yuktiswar, bin @ɔs de gi wi wan lɛkshɔn wan wan tɛm Bɔku tɛm, wi bin de sidɔm rawnd am kwayɛt ɛn dip kɔnsɛntreshɔn

ru spiritual gaydman gɛt mɔ pas @ɔs di no we dɛn rayt Frɔm am, wi kin lan sɛns ɛn no bɔt wan gɔd bikɔs

i no ɛn no se i no, bikɔs i no di trut insay ɛn insɛf, ɛn i nɔ @ɔs rid buk

+pays sheb to tu pat ɔ aspek)rieshɔn na wan pat pan di spes, ɛn pan di ɔda aspek na >ɔd nɔmɔ, usay krieshɔn nɔ de atɔl !at na di eria fɔ daknɛs we nɔ dak ɛn layt we nɔ de shayn %say no san nɔ de kɔmɔt, no mun nɔ de shayn, ɛn no faya nɔ de bɔn, na de >ɔd in ples we go de sote go, we go de sote go

!is duality de aplay bak to mɔtalman kɔnshɛns "ɔtalman gɛt tu aspek1 wan we yu de si ɛn di ɔda wan we yu nɔ de si *it opin yay, yu de si manifest ɛgEistens ɛn si yusɛf insay am *it yay we yu lɔk, yu nɔ de si natin pas wan dak :ayd Bɔt stil, yu kɔnshɛns de kɔntinyu fɔ rili no ɛn aktif ,f, tru dip kɔntemplɛshɔn, yu kin go insay di daknɛs biɛn yay we dɛn lɔk, yu go no di layt frɔm we ɔl di krieshɔn dɛn we kɔmɔt ,nsay wan stet we spiritual ɛkstaEi, kɔnshɛns de pas di layt we de sho insɛf ɛn go insay di eria fɔ di yuni:asal kɔnshɛns, we de biɛn ɔl di fɔm ɛn shep dɛn fɔ di krieshɔn !is kɔnshɛns pas ɔl di sɛns we pɔsin de si As fɔ in ɛsin, in gladi gladi, ɛn di stet dɛn we gɛt fɔ du wit am, i at fɔ gi dɛn wetin dɛn fɔ du insay prɛsis diskripshɔn bikɔs dɛn de pan wan spiritual dimɛnshɔn we nɔ kin apin so ɔltɛm pipul dɛn kin go fɛn dɛn, pan ɔl we in trut de ɛn di tru tin we i bi

>ɔd dɔn gi wi di Chans fɔ ɛkspiriɛns, insay wi kɔnshɛns, di sem we aw di lɔ dɛn we de gayd di yuni:as de wok !is fɔmlɛs stet fɔ kɔnshɛns, we pɔsin kin si i:in wit yay we dɛn lɔk, wi kin kɔmpia am to di eria we nɔ gɛt ɛnd Hdaknɛs we nɔ gɛt daknɛsI ɛn Hlayt we nɔ gɛt laytI, usay >ɔd de apat frɔm ɛni wan pan di fɔm dɛn, atribyut dɛn, ɛn tu tin dɛn we de sho in matirial krieshɔn ,nsay dis ɛkspɛnshɔn we nɔ gɛt

baund of eternity biyond Creation, >od onli eOists in a ConsCiousness of absolute bliss, perpetually present, ConsCious, and renewed ! is kɔnshɛns defy diskripshɔn ɛn kɔmpiashɔn bikɔs i rili yunik ,nsay dis eria fɔ sote go, usay di Absolut ɛn di ,n f nite de rul suprɛm, no wɔl ɔ kriChɔ dɛn nɔ de we gɛt ɛni kayn Bɔt na di ɔda say na di spes, >ɔd de ɔltin Kɔl di tin dɛn we >ɔd mek Kinsay insɛf

,nsay di say we di tin dɛn we wi nɔ de si de, di faktri fɔ di yuni:as dɛn de * an man we de stɔdi bɔt di sta dɛn bin tɔk se di spes rili wɔndafulɴ ɔltin de kɔmɔt frɔm am ɛn sɔl: insay am +o, usay atɔm dɛn, di tin dɛn we de insay dɛn, ɛn ɔl di wɔl dɛn de lɔs toG

-nitɛm we tin tan lɛk se i de mek pɔsin want fɔ du sɔntin ɛn i de mek pɔsin want fɔ du sɔntin, lɔk yu yay $uk insay yusɛf ɛn tink bɔt usay layf kɔmɔt Yu nɔ go si natin ɛn nɔ f l natin, bɔt ɔl di tin dɛn we yu de si de kɔmɔt frɔm da say de we yu nɔ de si H-n layt de shayn na daknɛsI H! i $ayt we de na di ɛ:in ɛn di wɔlI H! i $ayt we de na di ɛ:in ɛn di wɔlI ,f yu kɔntinyu fɔ luk di daknɛs wit kwayɛt, dip kɔnsɛntreshɔn, yu go fɛn da big layt de Fɔ biyond di daknɛs lay spiritual awareness, ɛn biyɔn di daknɛs de lay ɔda eria dɛn H,nsay mi papa in os bɔku big os dɛn deI H-n di os fɔ di layf we go dɔn pas ɔl bɛtɛ, ɛn aw fayn fayn os fɔ di wan dɛn we de du wetin raytFI

! i Yuni:asal " aynd de dairekt biyɔn spɛs Bifo mɔtalman kɔnshɛns de di kɔnshɛns fɔ >ɔd ,naf fɔ dis ignɔrans fɔ ,n preEɛns * i fɔ stɔp ɛn Churn di daknɛs tru kɔntemplɛshɔn ɛn nɔ stɔp te wi fɛn Am ! e, insay di Absolut we nɔ gɛt ɛnd, na bɔku bɔku tin dɛn we pɔsin kin si, innumɛrabl insay :ishɔn, ɛn sɔl:ishɔn fɔ ɔl di prɔblɛm dɛn we de na layf

! i tru tin dɛm we a dɔn kam fɔ ɔndastand tru introspekshɔn de sho di fsiɔlɔ@ik lɔ dɛm we dɛn dɔn diskɔba sayɛns tru ɔda we dɛn * e a kin lɔk mi yay, a kin si di transparent kɔrɛnt dɛm na layf we de Aɔ tru mi bɔdi Nɔ tink se na yu wan de na di stilnɛs we yu de ɛkspiriɛns >ɔd de wit yu, ɛn no riEin nɔ de fɔ tink se , nɔ de ! i ays ful/ɔp wit myuEik we di wan dɛn we de tek am de pik +o na wit >ɔd , de wit wi insay ɛ:ri moment of our eOistenCe Bɔt fɔ no ,n preEɛns, wi fɔ praktis dip meditashɔn * i nɔ fɔ mek wi yaylid dɛn lɔk we wi de slip bifo wi gɛt i:in di smɔl sayn fɔ se >ɔd de wit wiN na da tɛm de nɔmɔ wi go ebul fɔ slip fayn ɛn pis -n yu, we de want ɛn lɔng, de luk gud gud wan na di daknɛs te yu fɛn in wɔndaful sikrit dɛn

* an tɛm, a bin sidɔm na mi laybri arawnd 5 oklɔk aftanun we wantɛm wantɛm mi briE dɔn lɔs ɛn mi an ɛn fut dɛn sti[A si misɛf de witnɛs di prɔses fɔ day BriE ɛn mu:mɛnt kɔmɔt na mi bɔdi, yet a bin kɔntinyu fɔ no natin Na bin wɔndaful ɛkspiriɛns a si mi bɔdi ɛn ɔl di nature as mu:mɛnt kɔsmik ime@ dɛn we dɛn mek wit di:ayn layt -n a ala wit gladi at se, 7 ! ay nɔ de, mi >ɔd ! isF ɔl di wɔl nɔto natin pas wan mu: ime@ galariF7

! i rula we sidɔm na in Chia ɔ tron kin se1 7 " i na di masta we dɛn obe ed fɔ butu to mi7 Bɔt lɛ day gi da masta we obe wan pan in bad bad blo dɛn ɛn i go bi tin we dɔn pas

" i padi dɛm, di tru kiJ na di wan we lɛk >ɔd, fl in preEɛns insay ɔl di tin dɛn we >ɔd mek, ɛn kia fɔ ɔda pipul dɛn lɛk aw i de kia fɔ insɛf ,:in day nɔ go mek i fred ɔ fred, bikɔs i si am as pase@ fɔ go na >ɔd in kiJdɔm Hwe dɛn go de sote gol

ri we de fɔ mek mɔtalman kɔnshɛns go bifo to kɔsmik kɔnshɛns ! i fɔs wan na di soshal we, usay wi

de drɛb selfshnɛs frɔm wi sol ɛn rɛdi ful wan fɔ ɛp pipul dɛn ɛn sa: di wan dɛn we nid ɛp *i fɔ de biɛn ɛn fetful to wi padi dɛn ɛn fl lɔ: fɔ ɔlman we >ɔd dɔn gi wi famili so dat wi go ɛkstɛnd di bɔda dɛn na wi kɔnshɛns bay we wi de sho se wi rili bisin bɔt ɔda pipul dɛn ɛn fɔ dɛn *i de lan lɔ: ɛn sakrifays fɔ di wan dɛn we wi lɛk na famili layf, ɛn so wi kin a@ɔst sɔm ɛkspɛnshɔn na wi kɔnshɛns Bɔt dis nɔ inof $ɔ: we kin kɔnfyus insɛf to wan smɔl sɛklɔ kin bi we i kin stɔp ɛn nɔ kin ebul fɔ ɛkspɛn *e i kin bi pɔsin we nɔ gɛt pɔsin, in sɛklɔ kin gro ɛn in riCh de bɔku !is kayn lɔ: fɔ mɛn, ɛn wi fɔ tray fɔ gi ɔlman di sem lɔ: we wi kin fl fɔ wi famili ɛn di wan dɛn we wi lɛk, fɔ wok fɔ ɔda pipul dɛn @ɔs as wi de wok fɔ wisɛf H>ɔd lɛk di wan dɛn we de du gudI !is na di soshal we fɔ gɛt kɔsmik kɔnshɛnsK di we fɔ sa: ɛn lɔ:

>ɔd lɛk wi ikwal lɛk wan big kɔsmik famili ɛn i de ɛkspɛkt wi fɔ lɛk wisɛf ,f wi lɛk, wi de fl gladiN if wi nɔ lɛk, wi de pɔnish wisɛf wit pen ɛn sɔfa

!i we aw di wɔl de tink fɔ Chen@ *i ɔl bi bikɔs wi tru tru nature na ɔltin we wi bɔn wit

A kin gɛt gladi at fɔ gi ɔda pipul dɛn ɛn gɛt di big big gladi at we a de witnɛs dɛn gladi at *e wi lɛk ɔda pipul dɛn ɛn sɔri fɔ dɛn, wi kin si se ɔl di tin dɛn we de apin de ansa wi Prɔfɛt ɛn big big pipul dɛn dɔn sho wi di rod fɔ gɛt kɔsmik awareness !is na aw wi fɔ gri fɔ gi lɔ:, sa:is, ɛn sɔri/at

Pɔsin we gɛt yuni:asal awareness na pɔsin we gladi !ɛn nɔ de limit dɛn lɔ: to sɔm sɛlɛkɛt smɔl, dɛn de pul ɔlman kɔmɔt na dɛn sɛklɔ fɔ lɛk ɛn sɔri/at !is na aw wi fɔ si di wan ol wɔl as wi famili !is awareness de wit mi ɔltɛm, ɛn a fl se ɔlman na mi yon Pɔsin we gɛt

uni:ersal awareness lɛk ɔl pipul dɛn lɛk aw dɛn lɛk dɛn brɔda, sista, mama ɛn papa, ɛn padi dɛn

!i sɛkɔn rod fɔ kɔsmik kɔnshɛns na tru sɛlf/disiplin * an nɔ fɔ fɔdɔm pan ɛksɛs -n@ɔy tin dɛn fayn, bɔt in at ɛn sol nɔ fɔ gɛt tayt padi biEnɛs wit dɛn !i wan dɛn we want fɔ mek di bɔda dɛn na dɛn kɔnshɛns bɔku, fɔ fri fɔ tink ɛn du sɔntin, fɔ du gud, fɔ saful, ɛn fɔ gladi, fɔ kɔrɛkt dɛnsɛf, fɔ kɔntrol wetin dɛn want, fɔ a:ɔyd fɔ bi sle: to abit dɛm we de ambɔg, ɛn fɔ du tin di we aw dɛn bili:, we gɛt rayt fɔ du wit gud abit ɛn gud abit , impɔtant fɔ mek yu ebul fɔ kɔntrol yusɛf ɛn pas di tu tin dɛm we gɛt fɔ du wit ɔt ɛn kol, gladi ɛn pwɛl at, wɛlbɔdi ɛn sik fɔ mek yu ebul fɔ gɛt kɔsmik kɔnshɛns

* i fɔ bia ɔltin witout agiteshɔn ɔ saikɔlɔ@ik distɔblɛshɔn !i wan we nɔ tay insɛf to di rop dɛn na dis wɔl, ɔ alaw imɔshɔn dɛn we nɔ gɛt kɔntrol fɔ tos am ɔ tamper wit in spiritual pis, gɛt tru tru ɔndastandin ɛn dip sɛns !i tɔd we na di mɛtafEikal wan !i pɔsin we de luk fɔ fri insɛf frɔm di kɔnstrakshɔn dɛn na di bɔdi tru di rayt kɔntemplashɔn fɔ mek i ebul fɔ si smɔl di ay ɔrayEɔn dɛm fɔ kɔnshɛns ɛn tɔCh dɛn dimɛnshɔn !is kin apin nɔmɔ bay we dɛn de mek di swɛlin we de mek di tink dɛn we de bit di lek na di sol kol, we de mek we: ɛn trɔbul insay am * e di tin dɛn we nɔ gri wit wetin de apin de go dɔJ, di wata we de ɔp de kol, ɛn di skay ɛn ɔl wetin de insay de tan lɛk se dɛn de sho klia wan ɛn klin

,f yu put wata bɔtul we dɛn sial insay tank we gɛt wata, di tin dɛn we de insay di bɔtul kin stil de separet frɔm di wata we de rawnd am Bɔt if yu pul di sil, di wata we de insay di bɔtul kin miks wit di wata we de insay di tank +emweso, ɔdinari pipul dɛn kin pul >ɔd kɔmɔt nia dɛn layf bikɔs di tin we dɛn kin yuE

fɔ no natin kin blok bikɔs dɛn nɔ no natin Bɔt wans dɛn dɔn es di sil ɔp tru di rayt we fɔ tink gud wan, di pɔsin we de luk fɔ am kin gɛt >ɔd in pis insay ɛn na do na di bɔdi * e pɔsin de tink gud wan mɔ ɛn mɔ, pis de gro, ɛn gladi at na >ɔd in yay de kam bak

>ɔd de rawnd mɔtalman ɔlsay, bɔt dɛn nɔ de si am ! ɛn nɔ go ebul fɔ f l in rial preEɛns insay dɛn ɛn rawnd dɛn pas dɛn pul di plɔg ɔ : el we de sho se dɛn nɔ no natin ɛn put dɛn kɔnshɛns insay ,n oli awareness

,f pɔsin drawn na di si we gɛt tin dɛn we i want, i go drawn Bɔt if i drawn na >ɔd in si, i go li: sote go

-n we una fɛn >ɔd, mi padi dɛn, una go f l tru ɛn satisfay we go de sote go

" ɔtalman padi biEnɛs kin brok ɛn skata, bɔt >ɔd nɔ go lɛf yu

, :in if ɔlman lɛf yu ɛn lɛf yu, as lɔng as >ɔd de wit yu, ɔltin go bi yu yon

Pis, sɔri/at ɛn blɛsin fɔ >ɔd de pan una

Yoga ɛn di we aw pipul dɛn de si tin we ay pas ɔl

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Bitwin AlɛgEanda ɛn di Yogi
%nwa:ering * ill1 ! i +tori bɔt aw dɛn fɛn di Aktik

%dat na di fɔs mɔtalman we in yay bin ful/ɔp wit kray wata Hɛn sɔntɛm i bin gladi ɛn kol bakI we i si di Aktik fɔ di fɔs tɛm insay istriG

Aw ɛn ustɛm dis bin apinG Na dat wi go tray fɔ no insay di layn dɛn we de kam

Fɔ lɔng tɛm naw, pipul dɛn dɔn de tray fɔ riCh na da kol ri@yɔn de na di wɔl, ɛn istri nɔ ɛ:a no wan ad:ante@ we gɛt maynd pas dɛn tray ya, we kin lɔs dɛn layf bɔku tɛm !i ditel dɛn bɔt di we aw dɛn dɔn go na di nɔt kin tɔk bɔt di heroiC feats ɛn bak bɔt tra@edi dɛn

#ndrɛd ɛn sɔntɛm bɔku bɔku ia bifo dis tɛm, di pipul dɛn we bin de na di say dɛn we de rawnd di "ɛditarenian +i bin bili: se di wɔl tan lɛk wan smɔl smɔl disk we wan big ri:a rawnd am we dɛn kɔl DCeanus

!ɛn nɔ bin no bɔku tin bɔt di ri@yɔn dɛn we de fa frɔm dɛn, bɔt dɛn bin lɛk fɔ drim ɛn tink bɔt dɛn fa fa ples dɛn de, lɛk di wan dɛn we de biɛn di Alps ɛn di Bolkans

Frɔm dɛn ri@yɔn dɛn ya, dɛn bin de pul tin fɔ mek brɔnE, ɛn dɛn bin de pul amber fɔ mek @ɔlɔs ɛn ɔnamɛnt Bɔt dɛn nɔ bin gɛt tin dɛn we pɔsin kin abop pan bɔt di nɔt, so di wan dɛn we de rayt poem bin tek am pan dɛnsɛf fɔ we: stori dɛn we kin mek pɔsin want fɔ no mɔ bɔt wetin de biɛn di mawnten dɛn

*i li@en ɛn imɔtal pɔyt, &oma, tɛl wi bɔt di +immerians na di mist nɔt, ɛn di @ayant dɛn we de de, usay di de dɛn so shɔt dat shɛpad we de kam bak na i:intɛm go mit ɔda shɛpad we de go gras na mɔnin #da stori dɛn sho se pipul dɛn bin no sɔntin bɔt di Nɔt Pol, bɔt bɔku pan dɛn aidia bɔt am nɔ bin kɔrɛkt, bɔku tɛm dɛn kin i:in mistek

As tɛm de go, pipul dɛn bin tray fɔ riCh na di pol dɛn ,nsay 6?? bifo)rays, wan man we nem &amilCius we kɔmɔt na)ata@ bin tek wan big waka fɔ go na di nɔt, i riCh na Ayriland ɛn rayt in waka !is na di fɔs stori we pɔsin kin abop pan !i tray we dɛn bin tray

afta dat, wit di pipul dɛn na +kandine:ian we bin de sil krɔs ays si ɛn fɛn Ayland Frɔm de, dɛn kɔntinyu fɔ luk fɔ mɔ land ɛn prɔpati dɛn

!ɔEin pipul dɛn de we tray ɛn nɔ ebul * i go ignore di ditel dɛm fɔ dɛn tray ɛn go to di fɔs pɔsin we fɛn di Nɔt Pol

!ɛn bɔn (ɔbɔt -dwin Piri na Pɛnsil:enia insay .;68 , bin stɔdi in@inɛri ɛn afta dat i @ɔyn di Amɛrika Ne:i , bin fl se i rili want fɔ go fɛn di say dɛn we de na di polar , bin no ɔl di den@a ɛn prɔblɛm dɛn we di wan dɛn we bin de fɛn di ples bifo am bin dɔn gɛt, bɔt i bin dɔn mekɔp in maynd fɔ go bifo ɛn i bin no dip dip wan se i nɔ go bak frɔm in disayd

* an man we nem Piri we bin de fɛn wi, bin tray fɔ no ɔl wetin i ebul fɔ no bɔt di Aktik, di we aw i de, ɛn di tin dɛn we de arawnd am

,nsay .;;8, i bin tra:ul go na di nɔt pat na >rinland, ɛn fay: ia afta dat, i bin du sɛkɔn ekspedishɔn, i bin stɔdi di pipul dɛn, krɔs di glasia dɛn, ɛn pru: se >rinland gɛt di nɔt pat na di si, ɛn dis bin mek i kɔnfyus se i na di ayland we big pas ɔl na di wɔl u ia afta dat, i bin go bak na >rinland ,nsay .;=;, i bin bigin fɔ tra:ul fɔ 5 ia

Naw Pɛri bin fl se i rɛdi fɔ go na di say we dɛn nɔ no , bin bigin in den@a @oyn insay .=?3, bɔt dɛn bin fos am fɔ kam bak bikɔs ɔf tin dɛn we i nɔ bin dɔn tink bɔt ,nsay .=?6, i tray bak, dis tɛm i riCh di latitud we de na di nɔt pas ɔl Fɔ dɔn, insay .=?;, i sɛt sel pan di stiama we dɛn kɔl (uE:elt, ɛn in et tra:ul bin dɔn krawn wit sakses ɛn in kɔmpin dɛn bin de kɔmɔt na di bot, tek dɔg sled, ɛn bigin fɔ go na di Pol Na difrɛn say dɛn, sɔm pan in kɔmpin dɛn bin de biɛn fɔ mek kamp

dɛn ɛn stok tin dɛn fɔ mek i go bak, ɛn dɛn bin de ɛp am bak

, kɔntinyu fɔ tra:ul wit wan blak sa:ant ɛn 5 'skimo dɛn, ɛn i bin gɛt tin fɔ it fɔ fɔti deE

Pɛri bin tɛl di wan dɛn we i lɛf biɛn na di las steshɔn ɛn waka go nia di pol, i riCh de 'pril 8, .=?=, ɛn leta i tinap ɔp di wɔl

Bifo Peary riCh na di Nɔt Pol, wan Amɛrikin astronaut Frɛdrik)uk bin sɛn wan tɛligram frɔm di +hetland Ayland dɛm we se i bin riCh na di Nɔt Pol wan ia bifo Bɔt we sayɛnsman dɛn bin Chɛk wetin)uk bin tɔk, dɛn si se na lay ɛn i nɔ bin riCh na di Nɔt Pol Bɔt pan ɔl dat, dɛn bin gri wit sɔm pan di tin dɛn we i fɛn na di eria

Pɛri bin gɛt ɛkstra ɔdinari wilpawa, i bin de fos insɛf fɔ waka kɔntinyu pan ɔl we i bin de fl bad bad wan na in fut, di riEɔlt fɔ lɛ i lɔs in fut fnga dɛn insay .;=; bikɔs ɔf frɔstbayt, we mek i nid fɔ kɔt dɛn fut Bɔt stil dis disabiliti nɔ bin mek i nɔ ebul fɔ waka Hwit in kɔmpin we bin de biɛn am ɛn we i :alyu, di Blak man we nem "atyu -nsinI .,5?? kilomita Hwe i bin de oba di fut ays insay kɔndishɔn dɛn we rili atFI rawnd di nɔt pat na >rinland fɔ mek wan ditayl map fɔ di ri@yɔn *etin na big big tin fɔ bi heroismF

!ɛn stil de tek Pɛri as wan pan di man dɛn we gɛt maynd ɛn we gɛt maynd fɔ du wetin dɛn want

,nsay dis kɔntɛks, ,mam Ali Hmek >ɔd gladi fɔ amI se1

7+o yu fɔ de wok tranga wan ɛn wok tranga wan, rɛdi ɛn rɛdi, ɛn inkrisayE yu prɔ:ishɔn72

Pis de fɔ una

Bitwin AlɛgEanda ɛn di Yogi

* an fayn fayn stori dɛn de we >rik istriman dɛn ɛn ɔda pipul dɛn we bin de wit ɔ fala AlɛgEanda we i bin de kampen fɔ go na ,ndia bin tek tɛm rayt, !ɔktɔ " akrɛndl bin translet dɛn stori ya fɔ mek pipul dɛn no mɔ bɔt di ol ,ndia * an pan di tin dɛn we bin rili wɔndaful we AlɛgEanda nɔ bin ebul fɔ win di wɔ na di big intres we i bin gɛt pan di ,ndian sɛns ɛn di kɔmyuniti we gɛt yoga ɛn man dɛn we bin de wɔship >ɔd we i bin de mit wan wan tɛm, wit dɛn tru tru wan desired to assoCiate * e di >rik so@aman riCh na aOila na di nɔt pat na ,ndia, i sɛn Dnaskritus, we na bin disaypul na !ayogenes in >rik skul, fɔ kam wit di ,ndian hermit masta !andamus, we bin de li: na aOila da tɛm de

Dniskertius bin tɛl !undamus afta i fɛn in ayd ples na di at fɔ di fɔrɛst1

7>rit ɛn pis, D tiCha fɔ di BrahminF AlɛgEanda, we na di big gɔd \us in pikin ɛn masta fɔ ɔl di tin dɛn we >ɔd mek, de aks yu fɔ go to am ,f yu du dat, i go gi yu bɔku bɔku blɛsin, bɔt if yu nɔ gri, i go kɔt yu ed72

!i yoga man bin tek dis ɔbligaytɔri kɔl wit kol at, i bin @ɔs es in ed frɔm in bed we dɛn mek wit lif, ɛn i ansa se1

7-n misɛf na di gɔd \us in pikin, if AlɛgEanda na a nɔ de aks fɔ ɛnitin frɔm wetin AlɛgEanda gɛt, bikɔs a satisfay wit wetin a gɛt, we a de si am de muf wit in man dɛn we nɔ gɛt aim ɔ:a wata ɛn land, ɛn i nɔ gɛt ɛnd fɔ in waka waka ɛ:a72

7>o ɛn tɛl AlɛgEanda se na >ɔd nɔmɔ fɔ gɛt ɔl di wɔship ɛn rɛspɛkt Na in na di suprɛm kiJ we nɔ de ɛ:a kɔmand bad bad bad tin bikɔs na in mek layt, pis, layf, ɛn wata, ɛn na in mek mɔtalman bɔdi ɛn mɔtalman sol o am ɔl pipul dɛn de kam bak we day fri dɛn, so dat dɛn nɔ go de ɔnda di bad bad tin dɛn we sik de du igen72

! i man we gɛt sɛns kɔntinyu fɔ tɔk wit kwayɛt kɔmɛnt1

7AlɛgEanda nɔto gɔd bikɔs i go mɔs test day -n aw pɔsin lɛk am go bi di masta fɔ ɛgEistens we i nɔ dɔn go na di tron fɔ di insay yuni:as yet, ɛn i nɔ go insay di abyss layf layf wan, ɛn i nɔ no di rod we di san de pas oba di big big ri@yɔn dɛn na di wɔl, ɛn pan ɔl dat, di neshɔn dɛn we de nia am nɔ yɛri bɔt amGF7

Afta dis kɔs, we dɛn kin tek as di bad bad atak we dɛn kin atak Hdi " asta fɔ di * ɔlI in yes, di sent bin tɔk bak wit sɔri/at se1 L,f di kɔntri dɛn we AlɛgEanda in kɔloni naw nɔ go du fɔ satisfay in gridi, lɛ i krɔs di >anges (i:a ɛn i go fɛn wan big kɔntri we go ebul fɔ tek ɔl in man dɛn2M

7 * etin AlɛgEanda de gi mi ɛn di gift dɛn we i prɔmis nɔ gɛt wan :alyu to mi ! i tin dɛn we a rili :alyu ɛn tek as yusful ɔ :alyu na dɛn tik ya we a de bil mi os frɔm, dɛn Aawa plant ya we de gi mi tin fɔ it ɛ:ride, ɛn di wata we de mek a nɔ tɔsti #l di ɔda prɔpati dɛn, we dɛn gɛda wit big kia, na lod to dɛn ɔna dɛn, we de lɛf dɛn wit natin pas sɔri ɛn rigrɛt, di lɔt fɔ27 pipul dɛn we nɔ gɛt layt As fɔ mi, a de ledɔm wit pis midul di lif ɛn gras dɛn na di fɔrɛst, ɛn bikɔs a nɔ gɛt natin fɔ mek a wek, a de slip fayn, a de ɛn@ɔy wan swit ɛn kwayɛt slip ,f a bin gɛt sɔntin we nid fɔ gayd ɛn waCh, i go ambɔg mi rɛst ɛn mek a nɔ gɛt di gladi at fɔ slip ! i wɔl de gi

mi ɔl wetin a nid, @ɔs lɛk aw mama de gi am bebi wit milk a de rɔm ɛnisay we a want, ɛn a nɔ de wɔri fɔ trɔbul mi ɔ fɔ pwɛl mi layf72

,:in if AlɛgEanda kɔt mi ed, i nɔ go ebul fɔ pwɛl mi spirit " i ed we go kwayɛt afta day, ɛn mi bɔdi we go tan lɛk klos we rɔtin, go de na di wɔl usay dɛn mek dɛn

As fɔ mi, as spirit, a go dɔn go ɔp to >ɔd, we wɛr wi bɔdi ɛn put wi na dis wɔl so dat wi go pru: to AmK we wi de yaKif wi go put wisɛf ɔnda wetin i want ɛn li: fɔ obe am -n we wi tinap bifo am, , go aks fɔ mek dɛn aks wi akɔn fɔ wetin wi de du, Na in na di @ɔ@ <ɔ@ we de kɔndɛm ɔl di bad tin dɛn, sin, ɛn fɔ du bad, usay di kraym dɛn we di we dɛn de mek pipul dɛn sɔfa kin bi pɔnishmɛnt fɔ di pɔsin we de mek dɛn sɔfa

" ek AlɛgEanda yuE dis trɛtin fɔ mek di wan dɛn we want @ɛntri ɔ we de fred day fred AlɛgEanda in wɛpɔn wik agens di wan dɛn we de du yoga

* i nɔ lɛk mɔni ɛn wi nɔ de fred day >o tɛl am se !undamus nɔ nid ɛnitin we yu gɛt, ɛn na dat mek i nɔ gri fɔ kam to yu Bɔt if yu nid !undamus, den kam to am yusɛfM AlɛgEanda bin gɛt wit dip atɛnshɔn di yogi in ansa pan DnesiCritus in tong, ɛn i fl mɔ ɛn mɔ want fɔ si !undamus, we V pan ɔl we i nekɛd ɛn ol V bin fɛn insay am pɔsin we win siti dɛn ɛn we de ɔnda kɔntri dɛn we pas in ikwal

Ts !iary1 * an #tobayograf

Na Paramhansa Yogananda rayt am

+ɔm tin dɛn we wi kin no bɔt >ɔd biEnɛs
Fɔ di tiCha we gɛt sɛns Paramhansa Yogananda

>ɔd dɔn gi wi fridɔm fɔ disayd fɔ du sɔntin ɛn i dɔn put kɔnshɛns insay wi fɔ no difrɛns bitwin gud ɛn bad, ɛn bitwin wetin go bɛnift ɛn wetin bad

* e wi fl se spiritual pawa de aktif insay wi bi, wi kin fl se wi de go bifo ɛn mek prɔgrɛs, so wi kɔnfdɛns pan >ɔd ɛn pan wisɛf de go ɔp, ɛn di momentum fɔ di prɔblɛm dɛn de go dɔJ so dat wi go dil wit dɛn kɔnstrɔkti: wan wit kɔnfdɛns, kɔmfɔt, ɛn balans

* i tru tru nature na di spirit, we in essential na pis, serenity, tranYuility, ɛn Calmness !ɛn blɛsin ɛlimɛnt ya de insay wi ɛn na impɔtant pat pan wi spiritual bi

Bɔku tɛm pipul dɛn kin tɔk bɔt di prɛshɔn we dɛn kin fl ɛn di saykilɔ@ik strɛs we dɛn kin gɛt ɔnda di wet fɔ bɔku tin dɛn we dɛn kin aks fɔ, bɔt wi nɔ fɔ alaw wisɛf fɔ bi prey to ɛni kayn prɔblɛm, ɛn wi fɔ mɛmba ɔltɛm se >ɔd dɔn gi wi inof trɛnk fɔ dil wit ɔl di prɔblɛm dɛn we wi de gɛt

2 ; ((7 * 3 *7 7 7 +

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3 ! + *7 , *7 , 7 7 ,

* e wi nɔ ebul fɔ ɛn@ɔy layf ɛn tek pat pan wɛlbɔdi ɛn@ɔymɛnt dɛn we gɛt wɛlbɔdi, wi kin siriɔs ɛn fred pas aw wi fɔ fred ,:in if i tan lɛk se di ples dak ɛn dak, wi fɔ kɔntinyu fɔ bili: se di san go kɔmɔt bak ɛn di wan dɛn we de na di rayt rod go kam, ilɛksɛf i tan lɛk se di distans lɔng ɛn aw fa di ples de

,nsay ɔmbul, tru tru spiritual trɛnk de, di big big we aw pɔsin de wɔship >ɔd, di dip lɔ:, ɛn di wɔndaful we aw pɔsin satisfay ɛn put insɛf dɔJ

!i pɔsin we gɛt strɔng wil de gri wit >ɔd ɛn i nɔ de wet fɔ mek di planɛt ɛn sta dɛn gi am dɛn smayl Bifo dat, i de kɔntinyu in waka lɛk mɛtiɔ we de Chuk am,

we nɔ afɛkt am pas di sta we de gayd >ɔd, we na di san fɔ di san ɛn di " asta fɔ di lɔ ɛn sol dɛn

* an nɔ fɔ tink bɔt wetin i lɔs ɛn we i nɔ ebul fɔ du sɔntin, bɔt i fɔ tray bak ɛn bak, ilɛksɛf i nɔ ebul fɔ du am ɛn aw i bita

Yu ay, D padi biEnɛs, ɛn yu grɔn fayn ɛn oliF $ɔ: na yu nourishment ɛn loyalty yu drink

* i kam na dis wɔl fɔ di:ɛlɔp wisɛf ɛn fɛn ɔl di tin dɛn we wi ebul fɔ du na >ɔd in yay, nɔto fɔ go insay dak si we gɛt lay lay tin dɛn we gɛt bɔku bɔku den@a dɛn

! i swit gladi at we de na di flin se wi sef ɛn sef bifo >ɔd

! i siEin we pɔsin nɔ ebul fɔ du na di bɛst ɛn di rayt tɛm fɔ plant di sid dɛn we go mek pɔsin gɛt sakrifays ! ɛn fɔ dɔnawe wit di tin dɛn we nɔ ebul fɔ du na in rut, ɛn dɛn fɔ plant di fl dɛn we de na layf wit wok tranga wan ɛn wit maynd, ɛn plant am wit di sid dɛn we gud fɔ mek dɛn ebul fɔ a:ɛst bɔku bɔku tin dɛn, if ; *

Na smɔl pipul dɛn nɔmɔ kin analayE dɛn sityueshɔn ɛn disayd if dɛn de go bifo ɔ bak As mɔtalman we gɛt sɛns, sɛns, ɛn ɔndastandin, wi big wok na fɔ yuE wi sɛns ɛn sɛns di rayt we

tru tru spiritual pɔsin nɔ go ebul fɔ du witout matiral sakrifays -n nɔbɔdi in matiral kɔnsyans nɔ so bɔku dat i de mek i nɔ ebul fɔ tink bɔt >ɔd ɛn dediket di tɛm we dɛn nid fɔ tink gud wan, fɔ sa:, ɛn fɔ du di wok dɛn we i de du na >ɔd in yay

Pɔsin fɔ li: wit ɔl in tinkin, flin, ɛn sɛns, ɛn fɔ de waCh ɛn pe atɛnshɔn to ɔltin we de apin rawnd am, @ɔs lɛk pɔsin we sabi fɔ tek pikChɔ we de wet fɔ di Chans dɛn we f t pas ɔl fɔ tek di fayn fayn pikChɔ dɛn we de sho di say dɛn we pɔsin kin si we kin mek i gladi pas ɔl

’ :ery human being possess untapped potential ! ɛn gɛt ɔl di trɛnk we dɛn nid ! i maynd sɛf na suprɛm pawa ɛn i fɔ fri frɔm ɔtdɛd, ristrikt abit ɛn kɔnsɛpt

$ɛ wi mɛmba se as lɔng as di sɛns fɔ 7sɛf7 de dominant, di abit de fɔ distans wisɛf frɔm >ɔd, fɔ tek am se wi gɛt inof trɛnk ɛn sɛns fɔ tinap pan wi yon tu fut we nɔ gɛt sɔpɔt ɛn sɔl: wi prɔblɛm dɛn fɔ wisɛf

* i de fred se if wi put wisɛf ɔnda wetin >ɔd want, wi nɔ go gɛt gladi at pan wetin >ɔd sɛn wi, ɛn dis na sayn fɔ wikɛd fet Bɔt i nɔ go te igen, dɛn go fos wi fɔ tɔn to >ɔd -n ɔlman go diskɔba dis trut na in layf, if dɛn nɔ dɔn diskɔba am yet

* i fɔ tɔn to >ɔd wit kɔmplit kɔnf dɛns ɛn tɔk to am frank wan ɛn intimately insay di simpul langwe@ V di langwe@ na di at V ɛn aks am fɔ ɛp wi fɔ luk fɔ am ɛn abop pan am fɔ mek wi at kol ɛn fri wi frɔm prɔblɛm ɛn anɔynt ɛn frɔm ɔltin we kin tinap na wi rod ɛn tray fɔ tɔn wi away frɔm wi spiritual purpose

Nɔ alaw yusɛf fɔ bi :iktim fɔ di wɔl ɛn in trap dɛn Yu fɔ tek kɔntrol pan yu layf, wek yu insay trɛnk, ɛn stiar di ship fɔ yu layf to sef haba

* e maynd shek di dɔst fɔ ignoranCe ɛn brok di shaCkles we de tay dɛn pawa, dɛn go ebul fɔ mek tin dɛn ɛn fɔ gɛt gud intarakshɔn wit layf

,f pɔrsin nɔr strɛs wit pɔrsin wae strɔng pas insɛf, i nɔr go strɔng +emweso, we yu de fes yu prɔblɛm wit kɔre@ ɛn spiritual trɛnk, yu kin strɔng ɛn ebul fɔ bia

Nɔ tink se yu wik ɛn nɔ ebul fɔ fes di tin dɛn we de apin na layf, ilɛksɛf dɛn at ɔ dɛn at >ɔd dɔn gi yu di trɛnk fɔ win ɛ:ride Chalen@ " ɛmba se ilɛk aw big yu prɔblɛm dɛn, yu gɛt inof trɛnk fɔ dil wit dɛn >ɔd de wit yu ɛn i go sɔpɔt yu as lɔng as yu bili: pan am ɛn kɔntinyu fɔ bia wit di kɔre@ we di brayt wan dɛn gɛt na di fɛt na layf

! i tɛm dɔn kam fɔ mek mɔtalman difayn in poEishɔn ɛn disayd di rod we i fɔ tek1 ɔ to di Chaos ɛn distrukshɔn ɔ to di ay yuni:asal ideal dɛm we di 'braam rili@ɔn dɛn de ad:atayE fɔ spay sol ɛn di wɔl frɔm sɔfa ɛn bad bad tin dɛn ,f mɔtalman ple in wok as i fɔ , ɛn di prinsipul dɛm fɔ gudnɛs, lɔ:, ɛn gud gud abit de gayd am, den di daknɛs go mɔs lif ɛn di daknɛs go dɔn

Yu gɛt sublaym pawa ɛn prɛshɔ talɛnt dɛn we de slip dip insay yu bi, yet yu nɔ de yuE dɛn +et out towards the horiEons of a refned life where there is aChie:ement, gladi, ɛn pis

* e pɔsin tɛl mi se i nɔ go ebul fɔ du dis ɔ da wok de, a nɔ bili: am, bikɔs i kin du ɛnitin we i want fɔ du if i rɛdi insɛf fɔ am

A si yu de plant di grɔn na mi sol wit di plɔg fɔ tɛst ɛn trɔbul, skata di sid dɛn fɔ yu sɛns na in fɔro dɛn a kɔntinyu fɔ wata dɛn sid dɛn de, ɛn we di san we yu gɛt sɔri/at shayn pan dɛn, dɛn gro ɛn gro fayn fayn wan, dɛn de bia wan blɛsin a:ɛst fɔ satisfay ɛn satisfay

! i silkwom de spin trɛd rawnd insɛf insay di kɔk Bifo i kɔmɔt na da kɔklɔ de lɛk bɔtaAay, bɔku tɛm i kin si insɛf day na di silk priEin we i mek ! is kin apin bak to mɔtalman Bifo dɛn wing fɔ no gro, dɛn kin we: rawnd dɛnsɛf trɛd dɛn we de mek dɛn fred, wɔri, ɛn nɔ no natin te sik kam ɛn di awa fɔ kɔmɔt kam, ɛn na so di ɛnd de kam

Bɔku tɛm wi kin si se wi de na priEin we wi mek wisɛf * etin de briJ ɔl dis sɔfaG * i yon tink ɛn di we aw wi de li: wi layf we nɔ fayn, bikɔs wi de du tin bifo wi tink * i fɔ fri wisɛf frɔm di tin dɛn we wi de tink bɔt fɔ :ɛks ɛn fɔ tink bɔt wisɛf nɔmɔ, ɛn frɔm layf we nɔ gɛt disiplin ɛn we nɔ gri wit di tin dɛn we wi want fɔ du we wi ay #l di wan dɛn we gɛt spiritual ambishɔn

dɛn fɔ kip dɛn ɛna@i de Aɔ ɔltɛm ɛn dɛn spirit strɔng tru gud tinkin, op, ɛn wok we go mek dɛn gɛt prɔdakshɔn

Nɔ fɔ fred min fɔ gɛt fet pan >ɔd ɛn in protɛkshɔn, ɛn gɛt fet pan in @ɔstis, sɛns, sɔri/at, lɔ:, ɛn de ɔlsay

No protɛkshɔn ɔ sikyɔriti nɔ de ausayd >ɔd * i fɔ tɔn to am kɔmplit wan if wi want sef ɛn pis na wi maynd

! i wan dɛn we de tink bɔt dɛn yon sef ɛn kɔmfɔt nɔmɔ, fɔgɛt ɔ nɔ pe atɛnshɔn to wetin ɔda pipul dɛn nid, infakt de kɔt di po we go bi dɛn lɔt wan de

! i wan dɛn we de tay pan dɛn @ɛntri instead fɔ yuE am fɔ du gud tin nɔ de briJ prɔsperiti fɔ dɛnsɛf na dɛn layf afta dɛn dɔn dayɴ bifo dat, dɛn bɔn dɛn po, na di tin dɛn we di @ɛntriman dɛn want ɛn want de drɛb Bɔt di wan dɛn we de sheb dɛn bɔku bɔku tin wit ɔda pipul dɛn kin mek dɛn gɛt prɔsperiti ɛn bɔku tin dɛn ɛnisay we dɛn go

* e yu gi to di wan dɛn we f t fɔ gɛt am wit ɔl yu at, yu go si se >ɔd de wit yu ɔltɛm ɛn i nɔ go ɛ:a lɛf yu, ɛn yu nɔ go nid ɛnitin wit in ɛp ɛn kia +o put yu trɔst pan >ɔd ɛn in ɛp go kam to yu ɛn in kia go kɔba yu

D pɔsin we a lɛk, we ayd frɔm >ɔd, yu na di watawɛl fɔ lɔ: we de Aɔ frɔm di at fɔ padi biEnɛs, ɛn yu na di wam rayt dɛn we de opin di bɔd dɛn fɔ f lin dɛn to fresh ros dɛn we de biɛn pɔsin ɛn we gɛt sɔri/at fɔ tink bɔt poem

* i ɔl na mɔtalman transmita ɛn risi:a1 yu de gɛt di tin dɛn we ɔda pipul dɛn de tink tru yu at, we na di sɛnta fɔ f lin, ɛn yu de transmit yu yon tinkin tru di spiritual yay Ηna di fɔrɛst bitwin di aybrɔwI, we na di sɛnta fɔ fɔs ɛn wil Yu ɛntena de na di bren, di sɛnta fɔ ay, intuiti: awareness ɛn perCeption

$ɛ wi se yu de fa frɔm yu os ɛn yu want fɔ no wetin de apin de ,f yu sɛns rili kol ɛn yu maynd

kwayɛt, yu go ebul fɔ no aw yu famili de fl ɛn tink na os

* e yu gɛt bɔku pawa fɔ pe atɛnshɔn, di tin dɛn we yu de tink bɔt kin go ɔlsay, ɛn yu sɛns kin gɛt impɔtant trɛnk

#ltin na di yuni:as na ɛna@i ɔ :aybreshɔn !i :aybreshɔn fɔ tɔk na wan we we de sho ɔ ɛkspreshɔn we gɛt mɔ pawa pas di :aybreshɔn we de mek pɔsin tink !i tin dɛn we ɔl mɔtalman de tink bɔt de ripɛl tru di ɛtɛ Bikɔs di tin dɛn we pɔsin de tink gɛt ay :aybreshɔn rank, dɛn nɔ dɔn sho am yet $aki, wi nɔ no di tin dɛn we ɔl pipul dɛn de tink bɔtF

* e yu prɛs ɔ tɔn di redio bɔtin dɛn Hɛn bay ɔda we dɛn yaI, yu kin yɛri difrɛn tiun ɛn sawnd dɛn ,f nɔto fɔ di inhɛrɛnt ɔwe we de insay di layers dɛn na di ɛtɛ we redio we: dɛn de tra:ul tru to yu risi:a, yu go yɛri ɔl di brodkas sawnd dɛn wan tɛm

>ɔd mek di ɛtɛ ɛn inspɛkt mɔtalman maynd fɔ mek we fɔ transmit ɛn gɛt :aybreshɔn tru dis midiɔm (edio we: dɛn de abop pan di ɛta fɔ mek dɛn propag ɛn pan ilɛktrishɔn fɔ transmishɔn ɛn risepshɔn !ɛn :aybrɛshɔn redio we: ya na aydia dɛn we dɛn kin transmit tru spes to ɛni rɛsɔnant risi:a

* e yu de nia pɔsin we yu lɛk, yu kin no wetin dɛn de tink, bɔt yu nɔ go ebul fɔ no wetin pɔsin de tink bɔt we de fa pas yu gɛt sɛns we dɔn rili di:ɛlɔp !i wan dɛn we de praktis ɔltɛm fɔ kɔnsɛntret ɛn tink gud wan kin gɛt dip tranYuility ɛn dɛn tinkin kin bi mɔ rifn as a riEulta fɔ dis prɔsis, we kin mek dɛn ebul fɔ no wetin ɔda pipul dɛn de tink ɛn want i:in frɔm faF

* an :isitɔ bin aks se1 7!ɛn nɔ tink se di sɛns we di oli wan dɛn gɛt na bikɔs >ɔd gɛt spɛshal fay:G7

!i tiCha]Paramhansa ansa se1

7Nɔ !i tru tin we se sɔm pipul dɛn nɔ gɛt bɛtɛ oli no pas ɔda wan dɛn nɔ min se >ɔd de stɔp ɔ stɔp in

gudnɛs fɔ Aɔ to mɔtalman Bifo dat, na bikɔs bɔku pipul dɛn de ambɔg di Aɔ we in layt we de shayn ɔltɛm de Aɔ ɛn mek i nɔ shayn na dɛn sol27

* an pan di disaypul dɛn se, 7A de go na di il dɛn fɔ de mi wan wit >ɔd72

! i tiCha Paramahansa bin ansa se1

7Yu nɔ go go bifo pan spiritual wan if yu du dis Yu maynd nɔ ebul fɔ pe atɛnshɔn dip pan di spirit naw Yu tinkin go mɔs de ho:er rawnd mɛmori bɔt pipul ɛn di wɔl gladi/at, i:in if yu seklɔd yusɛf na wan ke: we gɛt fɔt #nɛs ɛn fetful fɔ du yu layf wok wit ɛ:ride meditashɔn na di bɛst we72

& 3 (S

Yu tink se wan kɔmɔn ɛn @ɔnaral riEin de biɛn di tin dɛn we di pipul dɛn we de na dis wɔl de duG

Yu tink se sɔntin de we wi ɔl nid fɔ du we go mek wi ɔl tek akshɔnG

,f yu simpul wan fɔ no wetin mek mɔtalman want ɛn wetin i want fɔ du, yu go si se na wan tawEin ɛn wan gol dɛn de, sɔm pan dɛn de dairekt ɛn sɔm nɔ de dairekt, bɔt di men gol stil de fɔ gɛt blɛsin ɔ gladi at

" ɔtalman in praymar gol na fɔ a:ɔyd pen ɛn want ɛn gɛt gladi at we go de sote go ,f wi go ebul fɔ pul pen fɔ ɔltɛm ɛn want ɛn gɛt gladi at we go de sote go na ɔda tin Bɔt di rial tin sho se wi de tray tranga wan ɛn kɔntinyu fɔ rɔnawe pan sɔfa ɛn pen ɛn gɛt gladi at ɔ gladi at

* etin mek pɔsin kin wok lɛk pɔsin we bigin fɔ du wan wok we i de duG

Na bikɔs i want fɔ bi pɔsin we sabi du wan pan di wok dɛn we i de du

* etin mek i gɛt fɔ du da wok deG

Na bikɔs dat de mek i ebul fɔ gɛt mɔniG

-n wetin mek i fɔ gɛt mɔniG

Na bikɔs i go ebul fɔ du wetin in yon ɛn in famili nid bay we i de gɛt am

-n wetin mek dɛn fɔ mit dɛn nid dɛn deG

Na bikɔs dis kayn in:ɛstigeshɔn kin ɛp fɔ pul pen ɛn gɛt gladi at

+o, wi si se fɔ du wetin wi nid, fɔ pul pen, ilɛksɛf na bɔdi ɔ wi maynd, ilɛksɛf i smɔl ɔ i rili bad, ɛn fɔ gɛt gladi at na di men tin we wi want fɔ du

* i nɔ nid fɔ aks mɔ bɔt di riEin we mek wi gɛt gladi at, bikɔs no ansa nɔ de fɔ dat, ɛn na dat na di men tin we wi want fɔ du

+o ilɛk wetin na di kayn wok we wi de du ɔ di tin dɛn we wi want fɔ duKfɔ stat biEnɛs, fɔ mek mɔni, fɔ bi padi, fɔ rayt buk, fɔ gɛt no, fɔ mane@ kiJdɔm, fɔ gi bɔku bɔku mɔni, fɔ fɛn kɔntri dɛn, fɔ want fɔ gɛt nem, fɔ ɛp di wan dɛn we nid ɛp, ɔ fɔ want fɔ bi pipul dɛn we lɛk mɔtalman in gudnɛsKif wi Chɛk wi tru tru tin we wi want fɔ du ɛn kip am na wi maynd, di luk fɔ >ɔd go bi rial tin we mek sɛns ɛn we rili rial, bikɔs >ɔd na da gladi gladi de we wi de tray fɔ gɛt ɛn wi sol dɛn de wet fɔ

^ ^ ^

,f sɔmbɔdi fɔ kɔba in fes wit mask, yu kin stil no se mɔtalman bin de de +emweso, nature tan lɛk big :el, we swel wit di:ayn preEɛns >ɔd de biɛn nature in :el ɛn mask, bɔt mɔtalman kin trowe wan Aeeting, superfCial glanCe ɛn nɔ kin no di preEɛns fɔ di being we ayd biɛn nature in kɔtin

+ ; " , +7 - 3

+ * + + + +3 *7 ,

* en a sidon fo silent, stil, atenti: meditashon, a de fl tremor of glad insaid mai biin and a de yeri >od de wispa, 7A de ya72

!i maynd we >ɔd gi wi na di get fɔ go na ɛ:in1 na di get we de na do fɔ in kiJdɔm, bɔt pipul dɛn nɔ de yuE am lɛk aw dɛn fɔ yuE am

*i nɔ nid fɔ wet te wi kɔmɔt na di *ɔl fɔ yuE wi maynd fɔ fɛn >ɔdN di tɛm dɔn naw, ɛn di ples dɔn de ya !i wan dɛn we nɔ de yuE dɛn maynd fɔ fɛn di sikrit dɛn na layf ɛn di sikrit dɛn we de na dis *ɔl nɔ go ɛ:a fɛn dɛn ɛni ɔdasay

^ ^ ^

#l mɔtalman na fɔ sho >ɔd in pawa we nɔ gɛt ɛnd ɛn i fɔ sho sɔm pat pan da pawa de pan ɔl wetin i de du

$ * *7 7 3 + ; * " *7
2 ! #(+ 7" 7 + 3 -
+

*e yu want fɔ mek sɔntin, nɔ abop pan tin dɛn nɔmɔ we kɔmɔt na do, bɔt fɔs, go insay yusɛf ɛn luk fɔ di sɔs we nɔ gɛt ɛnd #l di prɛktikal we dɛn fɔ mek yu gɛt sakrifays, ɔl di tin dɛn we yu dɔn mek we yusful to mɔtalman, di myuEik we dɛn dɔn mek fayn fayn wan, ɛn di oli tɛks dɛn, dɛn kin rayt dɛn na >ɔd in arki:

$ * *7 7 7 ;
+

"ɔtalman wil na big big @enɛratɔ fɔ ɛna@i, ɛn bay we i yuE wil pawa ɛn want fɔ gɛt tru tru ɛna@i sɔs, pɔsin kin kɔnɛkt kwik kwik wan wit di infnite distributor of inner forCes

!i wan dɛn we nɔ want fɔ du dɛn wok ɛ:ride kin fl se dɛn nɔ gɛt ɛna@i, we di pɔsin we de wok tranga wan we de wok wit Eil ɛn Eil de Cha@ in bɔdi ɛn maynd wit di kɔrɛnt we de na di kɔsmik

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Na pɔsin in wok fɔ want fɔ gɛt fayn fayn gol dɛn Fɔ bisin bɔt tin dɛn we nɔ impɔtant ɛn we nɔ gɛt yus na fɔ west in maynd ɛna@i we nɔ gɛt wan minin

! ɛn fɔ pul di gras dɛn kɔmɔt na di gadin na di maynd ɛn mek dɛn fayn wit di Aawa dɛn we >ɔd lɛk so dat i go mek di fayn fayn >ɔd we lɛk fayn fayn tin dɛn kam to insɛf

, fɔ kɔntinyu fɔ gro fayn fayn wan na di grɔn we gɛt sɛns, yu fɔ mek layf simpul ɛn pul prɔblɛm dɛn * e yu de du ɔltin wit maynd we de pe atɛnshɔn ɛn we nɔ de ambɔg yu, yu kin analayE wetin yu de du, pik wetin impɔtant ɛn impɔtant ɛn trowe wetin de ɔp ɛn we nɔ nid * ans yu dɔn dɔn wan wok, yu kin pul yu maynd pan am ɛn yuE am fɔ du ɔda tin dɛn we yu want fɔ mek

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Bɔku tɛm pipul dɛn kin tink bɔt ɔda tin we dɛn de du sɔntin, ɛn dɛn nɔ kin no di rayt we fɔ put dɛn maynd pan di tin we dɛn de du

* i fɔ lan fɔ tink bɔt wan tin wan tɛm wit ɔl wi maynd fakulti * i kɔmplit atɛnshɔn fɔ pe atɛnshɔn pan da wan tin de nɔmɔ

Pɔsin nɔ fɔ bi pɔsin we nɔ bisin bɔt ɔda pipul dɛn, we nɔ gɛt Eil ɛn f l Fɔ du tin les ɛn nɔ tek tɛm, i kin mek i lɔs in trɛnk ɛn bikɔs ɔf dat, i kin fel ɛn nɔ gladi Pɔsin nɔ fɔ @ɔs bi saykilɔ@ik mashin we de mek insɛf kɔntinyu fɔ deb$ɛk animal we de du tin bay instinkt

Na big mistek fɔ mek pɔsin nɔ wek insɛf ɛn akti: in maynd fakulti >ɔd dɔn gi wi dɛn fakulti ya ɛn i want wi fɔ yuE dɛn wit sɛns ɛn fɔ no ɔltin we wi de du gud gud wan

* i fɔ tink gud wan bak bifo wi du ɛnitin ɛn yuE wi maynd di we we go ɛp wi fɔ gro ɛn no se wi impɔtant fɔ gɛt wanwɔd wit di #lmayti)rieta #ltin we wi de du fɔ bi bay we wi de tink gud wan ɛn plan wit sɛns

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* an mɛtafɔ de fɔ wan ɔs/drɔ kariɔ we dray:a we de ol di ren de dray: ! is mɛtafɔ de ripriEent di sol we

de rayd insay di fEik kariɔ we di ɔs dɛn we di sɛns dɛn de pul de pul ink de ol di ren, ɛn kɔnshɛns wil de gayd !i pɔsin we gɛt di kariɔt na in impɔtant pas ɔl, dɔn di dray:a ɛn di ren we nid fɔ kɔntrol di ɔs dɛn, dɔn di ɔs dɛnsɛf, ɛn las wan di Carriage +emweso, di sol na di wan we impɔtant pas ɔl, dɔn di kɔnshɛns wil de fala am, dɔn di tink we de kɔntrol di reins, dɔn di ɔs dɛn, ɛn las las di bɔdi

!i wɔl maynd we de lid wik bɔdi na layf de alaw in impuls dɛn we nɔ de kɔntrol fɔ rɔn rampant instead fɔ mek in bɔdi strɔkChɔ strɔng ɛn rifn in sɛns bay we i de yuE kɔntrol insɛf ɛn dayrɛkt dɛn wit innate disCernment to in spiritual purpose we ɔl dɛn tin ya de fɔ

As i de waka na di rɔf ɛn ChukChuk rod dɛn we di sɛns dɛn de yuE, i de pwɛl di Chariɔt we i gɛt na in layf ɛn lɔs

!i pɔsin we de luk fɔ no bɔt insɛf no gud gud wan se di impɔtant tin we i want fɔ du na layf na fɔ rili fɛn spiritual gladi at we ayd dip insay di sol, ɛn di sem tɛm i de lan fɔ di:ɛlɔp in layt mental ɔ saykilɔ@ik pawa dɛn ɛn rifn in sɛns fɔ mek i kɔntinyu fɔ waka di rod dɛn we i de go bifo fɔ riCh di gol we i want, fɔ tray fɔ a:ɔyd fɔ fɔdɔm insay di trap dɛn we de mek i fl pen na in bɔdi ɛn in maynd

,n ɔda wɔd dɛn, di disaypul ɔndastand di kɔrɛkt we aw i go ebul fɔ gro pan >ɔd biEnɛs pan ɔltin ɛn pan ɔltin

As fɔ di delusional wɔl pɔsin, in wangren tin we i bisin bɔt na fɔ satisfay in bɔdi want ɛn gladi fɔ in whims, nɔ tek in duty fɔ di:ɛlɔp in mental ɛn spiritual fakulti

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!ɛn kin trit di ner:ɔs disɔda !ɛn wan wae gɛt dis sik fɔ analayE dɛn kɔndishɔn ɛn pul di pwɛl hat ɛn bad bad tin dɛm wae de pwɛl dɛn smɔl smɔl

Db@ektif analisis fɔ pɔsin in yon prɔblɛm ɛn fɔ kip kɔmpɔE pan ɔl di sityueshɔn ɛn sikɔstɛms na di ki fɔ mɛn krɛse sik !ɛn wan wae de sɔfa wit ner:ɔs fɔ ɔndastand dɛn kɔndishɔn ɛn no se fɔ de tink bɔt bad tin na 3(*7 7 7 dɛn nɔ balans ɛn nɔ ebul fɔ bia wit layf

Bɔdi we kol ɛn rilaks kin mek di ner: dɛn kol ɛn i kin mek pɔsin gɛt pis na in maynd

/2

Notis1 !is nɔ min se yu nɔ fɔ go to spɛshal pipul dɛn we sabi du dis wok, na dat mek dɛn mek dis klarifyeshɔn

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,nsay difrɛn tɛm ɛn ples dɛn, mɔtalman dɔn gɛt, tru riEin, bɔku aidia bɔt layf ɛn di sol

Fɔ ɛgEampul, we pɔsin we kɔmɔt na wan fɔs trayb gɛt ed we de at, in famili kin tink se in sol dɔn rɔnawe kɔmɔt na in bɔdi, so dɛn kin kɔl di ma@ik dɔktɔ fɔ gi di sol bak to am !i dɔktɔ kin go na di fɔrɛst fɔ go fɛn di sol, we i fɛn ɛn briJ am kam bak wit am insay bɔks ɛn put am bak na di pɔsin in ed, ɛn di ed we de at kin dɔn akɔdin to di bili: we pipul dɛn bili:

,nsay ɔda kɔlChɔ, dɛn kin du di 7sniE7 fɔ pɔsin we sik bay we dɛn de put huk Hkɔba ayɛn dɛn we gɛt shap pɔyntI na in bɔdi so dat in sol nɔ go rɔnawe we i de sniE, bɔt di huk dɛn go keCh amF

<ɔs lɛk aw sɔm pipul dɛn dɔn riCh kɔrɛkt kɔnklushɔn bɔt mɔtalman maynd bikɔs ɔf di we aw dɛn de tink we nɔ fayn, ɔda pipul dɛn dɔn riCh V tru rial we aw pipul dɛn de si tin V difrɛn, riCh ɛn fayn ɔndastandin

* i no se di sol nɔto di sem wit di briE bikɔs sɔm pipul dɛn de we dɔn de na kɔma fɔ lɔng tɛm we dɛn nɔ de blo, so dat de pru: se di sol nɔ go ebul fɔ kɔnfyus na di briE ! i sol ay pas di briE ɛn i ay pas ɛni ɔda bɔdi stet

,lɛksɛf pɔsin bili: se in na spirit ɔ i nɔ bili: am, di lɔ we de na di wan ol wɔl stil se i fɔ sho in spiritual pɔsin

, nɔ mata aw pɔsin de wok ɔ in layf, in ɔwe de di:ɛlɔp ɛn go bifo ɛnitɛm we dɛn yuE dɛn sɛns fɔ mek tin ɛn fɔ mek tin dɛn we pɔsin de du -:ri kɔnstrɔkti: akshɔn de ɛp fɔ mek mɔtalman di:ɛlɔp ɛn mek pɔsin ɔndastand mɔ

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A lɛk fɔ rid, bɔt a nɔ kin ebul fɔ rid tu pe@ dɛn bifo dɛn kɔl mi fɔ dil wit ɔda tin, ɛn na dat mek a dɔn Chen@ fɔ rid ɛn tink gud wan

As a de del: insay di dip pat na mi sol, layt dɛn we de shayn de apia ɛn di big big gladi at de kam, wan gladi at we de akɔmpan mi ɔl di de ! is na wetin a dɔn ɛkspiriɛns na mi layf ɛn wetin ɔl di wan dɛn we de tɔk to di blɛsin " asta insay di wispa fɔ di sol ɛn di lɔng we di at de fl de ɛkspiriɛns

aym tu :alyu fɔ west >ɔd want wi fɔ balans -nibɔdi we alaw in layf fɔ nɔ balans, di lɔ we de ɔlsay na di wɔl go pɔnish am

,f yu li: simpul layf, ɛksesaiE ɛ:ride, rid buk dɛn we gɛt :alyu ɛn we go bɛnift yu, ɛn gɛt di abit fɔ tink bɔt >ɔd ɛ:ride, yu sɛns go puls wit gladi at, impɔtant kɔrɛnt dɛn go Aɔ tru yu blɔd, ɛn yu bɔdi in sɛl dɛn go ful/ɔp wit layt ɛn ɛna@i we yu nɔ ɛ:a ɛkspiriɛns bifo Yu go gɛt ɔl di no we yu want frɔm di spirit we de insay yu

! is na aw mi layf dɔn de ɔltɛm a nɔ rid twɛnti buk insay twɛnti ia a nɔ proud fɔ am, ɛn if nɔto fɔ gɛt

di:ayn spiritual awareness tru meditashɔn, a fɔ dɔn bi kɔmplit ignorant

* e a luk wan buk, a kin si se >ɔd dɔn ɔlrɛdi sho mi di tru tin dɛn we de insay de

#l di ay ay aydia ɛn trut dɛn kɔmɔt frɔm >ɔd we No #ltin, ɛn if yu tink bɔt Am, yu go gɛt ,n sɛns dairekt wan

+o, fɔ rid gud buk dɛn bɛtɛ pas fɔ west tɛm pan tin dɛn we nɔ gɛt wan bɛnift, ɛn i bɛtɛ pas fɔ rid na fɔ tink gud wan ɛn mek pipul dɛn no di tru tru trut, we na >ɔd

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Bɔku pipul dɛn de we kin rid ɔltɛm bɔt dɛn nɔ kin ebul fɔ gi yu ɛnitin we gɛt :alyu !i bɛst we fɔ rid buk na fɔ tink bɔt wetin de insay ɛn si aw dɛn go afɛkt yu yon layf

, impɔtant bak fɔ yuE sɛns so dat yu nɔ go blaynd wan aksept ɔltin we yu rid * etin yu rid fɔ satisfay yu maynd ɛn yu lɔ@ik Fɔ mek yu rili ft fɔ rid, buk fɔ mek yu tink, dɔn yu go fl se yu maynd de di:ɛlɔp ɛn bɔku

!i wan dɛn we nɔ de rid ɔ tink bɔt, bɔt de li: layf we nɔ gɛt ɛni riEin ɔ minin, nɔ de di:ɛlɔp ɛni dip ɔndastandin ɔ gɛt sɔm no

* anwɔd de mek wi kɔmpitabl ɛn gri wit di di:ayn pawa we de mek wi tink ɛn shayn pan wi maynd wit di layt dɛn we de inspɛkt wi we ay pas ɔl

" editashɔn na di we fɔ riCh di ay sɛf

" ɔtalman kin du bad to dɛnsɛf if dɛn nɔ rid, bɔt fɔ tink gud wan bɛtɛ pas fɔ rid _Fɔ pipul dɛn we de tink gud wan ‘2

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Balans impɔtant pan ɛ:ri pat na layf , fayn fɔ kip yusful ridin matirial dɛn we yu kin gɛt ɛn fɔ rid dɛn we yu de ɛn@ɔy yusɛf !i tin dɛn we impɔtant pas ɔl na spiritual buk dɛn, dɔn sayɛns wok dɛn, sɔm istri,

flɔsof, siriɔs buk dɛn, biyograf bɔt big big pipul dɛn, tra:ul stori dɛn, ɛn ɛni ɔda tin we kin mek pɔsin in maynd bɔku ɛn gi dip inspɛkshɔn

Buk dɛn kin bi padi dɛn we nɔ de kɔmɔt biɛn dɛn, ɛn if di tin dɛn we yu pik na ay kwaliti, yu go gɛt mɔ bɛnift frɔm dɛn

Fɔs, i kin tan lɛk se i nɔ iEi fɔ ɔndastand di men tin we di spiritual tiChin dɛn ɛn di aydia dɛn we big big pipul dɛn we de tink bɔt gɛt, bɔt afta sɔm tɛm, yu go si yusɛf de tink bɔt wetin dɛn rayt ɛn de ɛn@ɔy dɛn tink Yu go fl se yu dɔn gɛt sɔntin we gɛt :alyu, bikɔs ɔl dɛn pipul dɛn de we gɛt sɛns bin pul dɛn sɛns ɛn no frɔm di trɔs we nɔ gɛt ɛnd we gɛt >ɔd in sɛnsKaydia dɛn we sɔntɛm nɔ go ɛ:a kam na yu maynd insay yu wan ol layf

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Flawa ɛn ros dɛn fayn ɛn dɛn gɛt layf, bɔt biɛn dɛn, na wan gadin we fayn ɛn fayn pasmak pan ɔl we dis gadin rili klia ɛn i at fɔ no fɔs, if yu ebul fɔ go insay di spiritual dimɛnshɔn tru di get we di spiritual yay de, yu go ebul fɔ fɛn da ethereal realm de ɛn ɛn@ɔy in wɔndaful tin dɛn

A de li: na da saful saful eria de usay fayn fayn kwaliti dɛn ɛn fayn fayn tin dɛn we a de tink bɔt, swit ɛn smɛl pas ɛni Aawa ɔ ros we de na dis wɔl !e, di bi na mi maynd de kɔntinyu fɔ sip di nɛktɔ we de sho se >ɔd de

* e wi de dayrɛkt wi fɔs insay, ɛn li: mɔ ɛn mɔ na da * 7 insay wi, wi de si se wi spiritual kwaliti dɛn de tek spɛshal fɔm dɛn we de akt lɛk winda dɛn we wi de yuE fɔ no di swit we >ɔd gɛt we pas di diskripshɔn ɛn ima@ineshɔn

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-nibɔdi we yɛri ɔ rid dɛn wɔd ya no se a de tɔk di tru

,f a bin fɔ sho ɔl di pawa dɛn we >ɔd dɔn gi mi, pipul dɛn nɔ go Aɔk to mi nɔto bikɔs a lɛk >ɔd, bɔt na bikɔs ɔf mirekul Bɔt a nɔ want dis kayn disaypul we de ɔp ɔp !ɛn nɔ fɔ drɔ dɛn bay pawa, bɔt na di lɔ: we >ɔd gɛt, ɛn na dat na mi men tin na layf

,f a nɔ bin kam fɔ no >ɔd, a nɔ bin fɔ dɔn tɔk dis we -n ɔlman kin kam fɔ no am if dɛn want

A nɔ de tray fɔ win pipul dɛn bay we a de apil to dɛn imɔshɔn, bɔt bifo dat a de tɔk to dɛn maynd ɛn adrɛs dɛn lɔ@ik ɛn diskrɛshɔn Blaynd fet nɔ gɛt yus Pɔsin fɔ akti: di fakulti fɔ ɔndastand we >ɔd dɔn gi dɛn ɛn nɔ aksept tin dɛn na fes :alyu, bɔt bifo dat i fɔ ɔndastand di kɔE, ifɛkt, ɛn lɔ@ik biɛn dɛn spiritual ɔriɛnteshɔn ɛn prɔsis

,f a bin gɛt wan tawEin mɔt, a go tɔk wit dɛn ɔltin bɔt >ɔd ɛn di impɔtant tin fɔ tɔn to am ɛn fɔ no am

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>ɔd nɔ de aks mɔtalman fɔ mek i dak, nɔ gɛt maynd, nɔ gɛt natin, ɔ fɔ mek in fes kray !is nɔto di rayt we fɔ ɔndastand >ɔd, ɛn nɔto di rayt we fɔ gɛt in fay: !i mɔ we pɔsin de gɛt pis, na di mɔ i go ebul fɔ fl di we aw >ɔd de de !i mɔ we i gladi, na di mɔ i de gɛt wanwɔd wit >ɔd !i wan dɛn we no >ɔd gladi bikɔs na >ɔd de mek i gladi pas ɔl

Pipul dɛn kin tray fɔ gɛt gladi at pan rɔm, mami ɛn dadi biEnɛs, ɛn mɔni, bɔt di pe@ dɛn na di istri ful/ɔp wit stori dɛn bɔt dɛn op dɛn we dɔn brok ɛn drim dɛn we nɔ apin !i tɛm we a dɔn spɛn fɔ tink gud wan dɔn mek mi layf gɛt bɔku tin dɛn we a nɔ go bili:

!i:ayn gayd ɛn sɛns de insay spiritual gladi gladi

* e pɔsin gri wit >ɔd, ilɛksɛf i mek mistek we i nɔ want, i go no aw fɔ kɔrɛkt di mistek, ɛn if i tɔk di rayt tin we i tink, >ɔd go kɔrɛkt am ɛn kɔrɛkt am bikɔs i lɛk in disaypul

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! ɛn fɔ mek balans bitwin spiritual no ɛn di natura sayns ,f dɛn nɔ gɛt dis balans, wan wan pipul ɛn neshɔn dɛn go stɔp midul misɛf ɛn pwɛl pwɛl ,f di lida dɛn na di wɔl tide bin gɛt spiritual layt ɛn wok togɛda, dɛn go ebul fɔ pul wɔ ɛn po kɔmɔt na di wɔl insay sɔm ia

+piritual awareness min se pɔsin no di di:ayn preEɛns insay insɛf ɛn insay ɔl ɔda tin dɛn we gɛt layf

! at ɔwe nɔmɔ kin se: di wɔl, ɛn if i nɔ de, a nɔ si ɛni op fɔ pis $ɛ mɔtalman bigin wit insɛf, - tɛm tu :alyu fɔ west

! iuti nid wi fɔ du wi pat fɔ briJ >ɔd in)iJdɔm kam na di * ɔl

Bɔku pipul dɛn kin shem fɔ luk fɔ >ɔd, bikɔs dɛn kin fred se layf go bi dak ɛn pwɛl at, we nɔ go gɛt fayn fayn tin dɛn ɛn gladi at Bɔt di kɔmɔn tin na truF ! i klin gladi at we di wan dɛn we rili sabi >ɔd kin gɛt we dɛn gri wit am pafɛkt wan, wi nɔ go ebul fɔ tɔk bɔt am

A de insay wan stet we spiritual gladi de ɛn nɛt ! at gladi na >ɔd, ɛn fɔ no am min fɔ kɔba ɔl di sɔri/at ɛn bɛr am witout rigrɛt

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* e i de ya fɔ sɔm tɛm, mɔtalman de gi big impɔtant tin to dis spɛktakl Bɔt i nɔ fɔ put insɛf pan am pasmak ɛn di tin dɛn we de apin we nɔ gɛt ɛnd, bikɔs if i du dat, i go distans insɛf frɔm >ɔd, we de tray ɔltɛm, pan ɔl we ɛn bay ɔl we, fɔ drɔ wi to insɛf bikɔs i bisin bɔt wi bad bad wan ɛn di bɔku bɔku lɔ: we i gɛt fɔ wi

, de put ɔl di mirekul dɛn we wi want fɔ si bifo wi1 di wɔndaful tin dɛn we de gro ɛn di ɔda we aw tin dɛn de apin we nɔ gɛt ɛnd

, de biɛn di Aawa ɛn ros, ɛn ɛnibɔdi we de luk fɔ am wit ɔl in at, i nɔ go ebul fɔ a:ɔyd fɔ fɛn am

Natural sayɛnsman dɛn nɔ bin riCh wetin dɛn fɛn tru blaynd prea, bɔt na bay we dɛn fala di lɔ dɛn we empiriCal sCienCe se +emweso, ɛnibɔdi we rili ɛn wit ɔl in at fɔ fala di lɔ dɛn na spiritual sayɛns go si >ɔd ɔtomɛtik wan nia dɛn

Na tɛm fɔ lɛ mɔtalman opin in spiritual yay ɛn no se fɔ fɛn >ɔd, i nid fɔ rili want ɛn kɔntinyu fɔ du wetin >ɔd want ɛn fɔ tek tɛm fala >ɔd in lɔ dɛn

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>ɔd de nak na wi at domɔt dɛn kwayɛt wan, de kɔl wi bak to am, bɔt bɔku pipul dɛn nɔ want fɔ go bak Bɔt stil, we di wɔl bifo dɛn yay, ɛn dɛn kin miks pan prɔblɛm ɔ sik, dɛn kin rɔsh fɔ pre to am ɛn aks am fɔ ɛp dɛn

! i wan dɛn we de mek dɛn tayt tayt padi biEnɛs ɛn gri wit >ɔd insay di tɛm we dɛn gɛt gladi at ɛn prɔsperiti go fɛn >ɔd nia dɛn we dɛn nid am Bɔt di wan dɛn we de tek tɛm fɔ mek dɛn gɛt dis rilayshɔnship, kɔndɛm dɛnsɛf fɔ fes dɛn prɔblɛm dɛn ɛn strɛCh wit dɛn prɔblɛm dɛn nɔmɔ te dɛn ebulK wit sɛns ɛn fɔ put dɛnsɛf ɔnda dɛn ɔlK tɔn to dɛn padi we go de sote go ɛn nak na ,n domɔt we gɛt gudnɛs

Fɔ di bɔku bɔku pipul dɛn, na smɔl pipul dɛn nɔmɔ de rili luk fɔ >ɔd %say di wan dɛn we bin tink se dis wɔl na dɛn yon tu ɔndrɛd ia bifo dis tɛm deG ! ɛn ɔl nɔ de igen, ɛn sɔntɛm na smɔl wan nɔmɔ, di wan dɛn we tɔn to >ɔd ɛn kam fɔ no dɛnsɛf, bin ɛ:a rili ɔndastand di rial tin bɔt layf Bɔt stil, ɛni @ɛnɛreshɔn we de kam afta dɛnsɛf de tek dis layf as rial layfF

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Bifo ɛni ɔda mɔtalman bin de wit wi, udat bin de wit wiG >ɔd -n we wi kɔmɔt na dis wɔl, udat go de wit wiG >ɔd ɛn nɔ ɔda Bɔt i go at fɔ no am da tɛm de pas wi tray fɔ no am naw ,f yu luk fɔ >ɔd wit ɔl yu at ɛn dip wan, yu go fɛn am, ɛn yu shɔ se i de wit yu ɔltɛm

go gɛt trɛnk * ɔri ɛn ilyushɔn go lɛf yu, ɛn yu nɔ go ɛ:a ful yu igen

#ltin we de na tɛmteshɔn fɔ mek mɔtalman kɔmɔt nia >ɔd Bɔt >ɔd de mek pɔsin want fɔ du am fa fawe pas ɛni tɛmteshɔn we de na dis wɔl ,f yu bin fɔ gɛt i:in smɔl smɔl tin bɔt am, yu go no dis trut ɛn yu go ebul fɔ fɛn am tru prea, tink bɔt >ɔd biEnɛs, ɛn disayd fɔ du sɔntin we nɔ de shek

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! i tɛmpul we >ɔd lɛk pas ɔl na di tɛmpul we gɛt kol at ɛn pis insay fɔ di wan dɛn we de fala am, usay dɛn kin go insay fɔ tink gud wan ɛn tɔk to dɛnsɛf, ɛn lɛf di wɔl ɛn di tin dɛn we de mɔna am we nɔ gɛt ɛnd

* i nɔ fɔ daEl wit dis prushɔn we de Chen@ ɔltɛm we mɔtalman de Chen@ As di kara:an fɔ tɛm de kɔntinyu fɔ waka, yu go dɔn no se yu na impɔtant pat pan di big wan * e pɔsin mek tɛmpul we gɛt fayn fayn tin dɛn ɛn pis na spirit insay insɛf, i go ebul fɔ no se >ɔd de wit am ɛn fl se i de nia am #dasay, di ilyushɔn dɛn we de na di wɔl bɔku, de ɔltɛm, ɛn in wɔri de ful wi at

! ɛn go pul ɛni wan pan wi kɔmɔt na dis wɔl kwik ɔ leta, ɛn na dat mek wi fɔ ɔndastand naw di riEin fɔ layf ! i men tin we mek mɔtalman ɛkspiriɛns na dis wɔl na fɔ ɛnkɔre@ wi fɔ fɛn di minin fɔ layf " ek fɔ no >ɔd yu gol, ɛn no se if yu luk fɔ di sikrit na layf siriɔs ɛn tru tru, i go mek yu nɔ gɛt bɔku prɔblɛm dɛn ɛn se: yu frɔm +3 +37

! i fred fɔ day, fɔdɔm, trɔbul, ɔ sɔri kin wek big panik insay pɔsin * e pɔsin nɔ ebul fɔ ɛp insɛf ɛn in fambul ɛn padi dɛn nɔ ebul fɔ gi ɛni ɛp, pwɛl at kin ambɔg am, ɛn i kin tan lɛk se di wɔl dak to dɛn Bɔt nid nɔ de fɔ riCh da stet de ,f dɛn tink bɔt >ɔd ɔlsay na dɛn layf ɛn kɔntinyu fɔ gɛt kɔnekshɔn wit am, dɛn go si am nia insay di tɛm we tin tranga ɛn tranga de

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,f bɔrku pipul si pɔrsin nɔr fayn, dɛn fɔ ɛgEamin dɛnsɛf +ɔm kayn pɔrsin in pasɔnaliti kin de wae de ɔf/ put +ɔntɛm dɛn kin tɔk tumɔs, kin lɛk fɔ miks pan ɔda pipul dɛn biEnɛs, ɔr kin lɛk fɔ tɛl ɔda pipul dɛm wetin nɔr fayn wit dɛm ɛn aw dɛn fɔ li: dɛn layf, witout aksept ɛni sɔgEhɛshɔn fɔ mek dɛn ebul fɔ impɔtant dɛnsɛf !is na @ɔs sɔm ɛgEampul dɛm fɔ saykilɔ@ik kwaliti dɛm wae kin mek wi nɔr at fɔ si ɔda wan dɛn

Fɔ bili: pan >ɔd ɛn fɔ gɛt fet pan >ɔd na tu difrɛn tin Bili: nɔ gɛt wan :alyu pas wi ɛkspiriɛns am ɛn li: bay am Bili: we de Chen@ to ɛkspiriɛns kin bi fet, ɛn fet we nɔ de shek nɔ go ebul fɔ rifyut ɔ kɔntrayd bikɔs na kɔn:ikshɔn we pɔsin kin ɔndastand ɛn we nɔ de shek bɔt di trut Na big pawa, ɛn di tin dɛn we kin kɔmɔt frɔm am kin mek pɔsin sɔprayE Fet de wok wit absolyut prɛsishɔn ɛn i nɔ de lɛf ples fɔ mistek

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,nsay pɔsin in yay, di wan ol istri bɔt in layf de, ɛn dɛn nɔ go ebul fɔ ayd am frɔm di wan dɛn we sabi rid am +pirit yay ɛn wɔl yay de we de trɛtin, kɔni yay ɛn yay we de mek pɔsin want fɔ du sɔntin, dɛn rayt ɔl wetin pɔsin de du na in yay, ɛn if a fɔ analayE wetin a de si insay dɛn, pipul dɛn go sɔprayE wit di sɛns we a gɛt

* i fɔ a:ɔyd akshɔn dɛn we de dɔti di maynd ɛn kɔrɔpt di sol !i akshɔn dɛn we nɔ rayt de mek bad ɔ bad bad maynd :aybreshɔn we de sho pan pɔsin in apia ɛn in abit Bifo dat, wi fɔ du tin dɛn ɛn tink bɔt tin dɛn we de mɛn di fayn kwaliti dɛn we wi want !i wan dɛn we de tink bɔt dɛn tru tin ya go si se dɛn layf go bi wɔndaful fayn fayn wan

^ ^ ^

ru padi nɔ kin rili ɔndastand wi Yu kin tɔk klia wan wit yu padi we dɛn nɔ ɔndastand yu, bɔt padi

biEnɛs nɔ go ebul fɔ gro , -+ as lɔng as ɛni hint ɔ dimand de frɔm wan to di ɔda wan

Padi biEnɛs kin @ɔs bil pan fawndeshɔn fɔ indipɛndɛns ɛn ikwal spiritual +o, di intarakshɔn bitwin padi dɛn fɔ bi bay dis prinsipul ɛn insay layt fɔ dis trut ,f yu trit pɔsin bad, yu nɔ go ɛ:a ɛkspiriɛns di swit we in padi biEnɛs gɛt

Bɔku pipul dɛn de we de waka di rod dɛn na layf we nɔ gɛt padi dɛn a nɔ ebul ima@in aw dɛn ebul fɔ kɔntinyuF

ru padi nɔ kin rili ɔndastand wi, ɛn if dɛn du am, na fɔ shɔt tɛm nɔmɔ ,f pɔsin betray yu trɔst ɛn loyalty, kɔntinyu fɔ gi dɛn yu lɔ: ɛn ɔndastandin lɛk se natin nɔ apin, @ɔs lɛk aw yu go want fɔ gɛt trɔst ɛn loyalty in return

Bɔt if da pɔsin de kɔntinyu fɔ du tin wit disgres ɛn et yu, ɛn kɔntinyu fɔ slap di an we i stret fɔ padi biEnɛs to am, dat min se i bɛtɛ fɔ pul yu an fɔ sɔm tɛm

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! ɛn go pul ɛni wan pan wi kɔmɔt na dis wɔl kwik ɔ leta, ɛn na dat mek wi fɔ no di riEin we mek wi gɛt layf naw

! i men gol fɔ mɔtalman ɛkspiriɛns ya na fɔ mek pipul dɛn want ɛn ɛnkɔre@ pipul dɛn fɔ fɛn di minin ɛn di riEin fɔ layf ! is mɔtalman @oyn nɔ fɔ gi impɔtant pasmak As di kara:an fɔ tɛm de kɔntinyu fɔ go, wi go dɔn no se wi na pat pan wan big ɛgEistens, ɛn dat mek, wi fɔ mek di no bɔt >ɔd bi wi las gol

! i fred fɔ day, fɔ fel, fɔ gɛt prɔblɛm, ɔ fɔ sɔri we de mek pɔsin fl pen, kin mek pɔsin fred bad bad wan

* e pɔsin nɔ ebul fɔ ɛp insɛf, ɛn we in famili nɔ ebul fɔ gi ɛp, in maynd nɔ kin @ɛlɔs Bɔt >ɔd nɔ go lɛf di wan dɛn we bili: pan am ɛn abop pan in ebul fɔ ɛp dɛn

Bifo ɛni mɔtalman bin de wit wi, >ɔd bin de wit wi -n we wi kɔmɔt na dis wɔl, >ɔd go de wit wi

Bɔt wi nɔ go ebul fɔ no >ɔd pas wi tray tranga wan naw ɛn tray tranga wan fɔ tɔk to am ɛn kam nia am mɔ ɛn mɔ

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* e a bin smɔl, a bin de sɔfa bikɔs a bin de fl bad bad wan, ɛn dis bin mek a bin de sɔfa pas ɔlman

Na bin wan we fɔ mek a sɔfa bikɔs a bin rili fl bad, i bin tan lɛk to mi se ɔda pipul dɛn kin ɛn@ɔy fɔ mek a :ɛks ɛn tek mi pis na mi maynd

Nɔ mek ɛnibɔdi tek yu pis

!i anɔyntɛd we a bin de :ɛks nɔ bin @ɔs bikɔs ɔda pipul dɛn bin de pro:ok ɛn pro:ok miN i bin kɔmɔt bak frɔm mi sɛnsiti:iti to dɛn kɔmɛnt dɛn a diskɔba se di mɔ we a de agyu wit mi kɔmɛnt dɛn, na di mɔ dɛn de ɛn@ɔy am

Fɔ dɔn, a disayd se nɔbɔdi nɔ go ebul fɔ pwɛl mi insay pis, ɛn a se to misɛf1 7$ɛ dɛn kɔrɛkt as dɛn want, bɔt a nɔ go pe atɛnshɔn to dɛn kɔmɛnt igen72

-n na dat bin apin a nɔ bin pe atɛnshɔn to dɛn kɔmɛnt dɛn we nɔ rayt ɛn we de mek pɔsin fl bad atɔl, lɛk se dɛn nɔ de +mɔl smɔl, dɛn nɔ bin want fɔ pro:ok mi ɛn bi mi padi dɛnN sɔm bin i:in fala mi fut step

Na fɔ natin fɔ tray fɔ aks ɔda pipul dɛn fɔ du gud ɛn rɛspɛktN bifo dat, wisɛf fɔ f t fɔ gɛt am

,f wi de tɔk to ɔda pipul dɛn wit ɔl wi at, sho se wi rɛspɛkt dɛn, ɛn gi wi bak di kayn we aw dɛn de du gud ɛn di we aw dɛn lɛk wi, dɛn go trit wi wit rɛspɛkt ɔltɛm

* i nɔ fɔ paralayE di gudwil we ɔda pipul dɛn gɛt to wi wit wi ekstrim sɛnsiti:iti we dɛn de kɔrɛkt wi kɔnstrɔkti: wan, bɔt bifo dat wi fɔ wok togɛda wit ɔlman we de tray fɔ ɛp wi

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!is wɔl go gɛt prɔblɛm ɛn trɔbul ɔltɛm Bifo i gi:/ɔp pan fred ɛn wɔri, mɔtalman fɔ tɔn to >ɔd ɛn gɛt pis,

sef, ɛn sef, nɔto fɔ insɛf nɔmɔ bɔt fɔ di wan dɛn we i lɛk we >ɔd dɔn put fɔ kia fɔ am

* i nɔ fɔ tu atɛnd di drim dɛn fɔ dis layf we nɔ de te, bifo dat, wi fɔ gɛt wanwɔd wit >ɔd

Apat frɔm >ɔd, no sikyɔriti nɔ de ɛnisay * i fɔ no wi kɔnekshɔn to >ɔd so dat wi go pul wisɛf pan

(wans ɛn fɔ ɔltɛm

* e wi de tink gud wan bɔt >ɔd, wi kin fl se i gladi ɛn wi kin pul di bad bad drim dɛn we wi kin drim na layf

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* an ɛgEampul fɔ mek di bɔdi rilaks ɛn fɔ mek di maynd kol1

ayt yu bɔdi mɔsul dɛm mɔdaret yuE wil pawa * it wil pawa, dayrɛkt di layf fɔs Hdi tɛm we di mɔsul dɛn de tɛnsiɔnI fɔ Aɔd di bɔdi ɔ ɛni pat na di bɔdi wit akti:iti

A kin fl di ɛna@i de shek shek, puls, Cha@ di bɔdi ɛn gi am layf bak wit :itality

(ilaks ɛn fl se layf ɛn ɛna@i de Aɔ tru yu bɔdi in sɛl ɛn tisu dɛn

A fl se yu nɔto di bɔdi, bɔt yu na di layf we de sɔpɔt di bɔdi

Fil di pis, fridɔm, ɛn di kolat we de kam we yu de praktis dis ɛgEampul

^ ^ ^

,f na di:ayn awareness de gayd yu, i:in if i tan lɛk se di tumara bambay nɔ go fayn, tin go stil impɔtant ɛn yu nɔ go fel as lɔng as yu de waka na >ɔd in layt ɛn in gayd yu de gayd yu

* i fɔ pul di aidia se >ɔd, wit ɔl in wɔndaful pawa dɛn, de fa fawe na ɛ:in, ɛn wi wik ɛn bɛr wi ɔnda bɔku bɔku prɔblɛm dɛn ɛn prɔblɛm dɛn na dis wɔl

$ɛ wi mɛmba se nɔto wi wangren de, se biɛn wi mɔtalman wil, na di big big di:ayn wil de, ɛn ɛnibɔdi

we de tray fɔ ɛp wit ɔl in at ɛn fetful wan, go mɔs gɛt am

^ ^ ^

#ltin na di wan ol wɔl gɛt sɔntin fɔ du wit ɔda tin dɛn ɛn i gɛt sɔntin fɔ du wit ɔda tin dɛn

ru di rayt we aw wi de yuE di mɔtalman sɛns we >ɔd gi wi, wi de no se ɔl layf gɛt sɔntin fɔ du wit di +uprim " ind

+ɔntɛnde wi kin tink se wi na pletin na di an fɔ fate, bɔt we wi rilis wi kɔnshɛns pas limited, illusory forms ɛn tɛst di eOtent of wi awareness ɛn understanding, wi kin kam fɔ no se insay wi na spak of di:ine power we de kriet ɛn sustain ɔl layf, ɛn se i de wet fɔ wek

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* an inferiority CompleO de bɔn frɔm wan hiden awareness fɔ wan rial ɔ we dɛn tink se wikɛd

Fɔ tray fɔ kɔmpɛns da wikɛdnɛs de, sɔm pipul dɛn kin yuE shild fɔ lay lay prawd ɛn dɛn kin mek dɛnsɛf ful/ɔp wit natin

!ɛn wan wae nɔr no di rial riEin bihayn da abnɔmal saykilɔ@ik stet kin se di pɔrsin gɛt supɛriɔriti kɔmpleks

!ɛn tu kɔmpleks ya de sho se dɛn nɔ gɛt wanwɔd insay ɛn dɛn de pwɛl pɔsin we de gro dɛnsɛf !ɛn bɔn dɛn frɔm ima@ineshɔn ɛn we dɛn nɔ de tek tɛm wit di rial tin, ɛn dɛn nɔ gɛt ɛni kɔnekshɔn to di kayn we aw di pawaful sol tan

)ɔn f dɛns fɔ dɛnsɛf fɔ de pan di fawndeshɔn dɛn fɔ rial a@ɔstmɛnt ɛn fɔ no se sol dɛn we gɛt layt nɔ gɛt natin bikɔs dɛn @ɛntri pan >ɔd

^ ^ ^

!i ner:ɔs sistɛm gɛt tu wok dɛn1

!i ner:ous system de mek wi ebul fɔ intarakt wit di wɔl Dl yoga pipul dɛn bin kam fɔ no se di ner:ous system de wok bak fɔ kɔnɛkt mɔtalman wit >ɔd

di layf fSs na di mStalman bSdi kin fS fSlS kSmSt, fr Sm di bren Rn spRnal kSd tru di nR: dRm to di sRns dRm Rn dRn Rksternal sRns RkspiriRns dRm

* e dɛn kɔntrol da layf fɔs de V tru mɛditeishɔn V i de ri:ɛns in Aɔ insay instead fɔ go na do, ɛn pul kɔnshɛns wit am to di transparent aks ɔ sɛnta dɛn usay spiritual pɔsibul ɛn no bɔt >ɔd de

Nɛ:ɔsK we na fɔ mek di ner: dɛn wok pasmakK de mek pɔsin nɔ ebul fɔ no natin, ɛn fɔ gɛt kol at kin mek pɔsin no bɔt >ɔd

* e yu de tink gud wan ɛn stɔp di ɛksternal ner:ɔs ɛna@i ɛn mek yusɛf kol, di layf pawa de kɔmɔt na di sɛns to di sɛnta dɛm fɔ spiritual kɔnshɛns, ɛn afta dat wan kɔnekshɔn de bitwin yu ner:ɔs sistɛm ɛn di ay kɔnshɛns, so yu de fl di di:ayn preEɛns ɛn bi na di land we layt de pas di eria we yu de slip ɛn nɔ no natin

^ ^ ^

Bɔku pipul dɛn kin intres pan di fresh we yɔJ pipul dɛn kin gɛt, lɛk aw na wan we ɔ ɔda we ɔlman de luk fɔ di 7fountain of eternal youth,7 bɔt wetin na yɔJ pipul dɛnG

Nɔto ɔl yɔJ pipul dɛn na yɔJ pipul dɛn fɔ tru, as sɔm rili ol ɛn dɛn kin tan lɛk se dɛn wik fa fawe pas dɛn rial e@ !i ɔda we, sɔm ol pipul dɛn de we kin kɔntinyu fɔ yɔJ pan ɔl we dɛn dɔn ol !ɛn kin kip dɛn maynd shap, dɛn trɛnk kin kɔmɔt na dɛn spirit we gɛt trɛnk to dɛn bɔdi ɛn fes, ɛn dɛn blɔd kin pul wit di gladi gladi we dɛn kin gɛt we dɛn de

!ifrɛn frɔm dat, pipul dɛn de we nɔ fayn, we gɛt maynd, we de fl bad, we de kɔrɛkt, ɛn we de mek dɛn at pwɛl, lɛk se dɛn dɔn pas V mek una layf lɔng

No ɛkskyuE nɔ de fɔ misguided saykolo@ik stet * i fɔ ɔltɛm bi pɔsiti:, optimist, ful wit layf ɛn ɛna@i, gladi fɔ >ɔd in blɛsin, ɛn imer insay wan surge of 3 (

D (we de kɔmɔt frɔm di dip dip we wi bi

^ ^ ^

" i brɔda ɛn sista dɛn na dis wɔl, duya una mɛmba se >ɔd na wan ɛn wi ɔl na mɛmba dɛn na wan yuni:asal famili +o, wi fɔ tek kɔnstrɔkti: we fɔ ɛp wisɛfKwi tin dɛn, pan gud abit dɛn, pan mɔni biEnɛs, ɛn pan spiritual tin dɛnKso dat wi go bi ɛgEampul sitiEin dɛn na dis wɔl

,f ɔlman na wan sosayti we gɛt .,??? pipul dɛn bin de yuE fɔ tif, ful, ɛn fɛt fɔ mek dɛn @ɛntri pan ɔl we ɔda pipul dɛn go gɛt mɔni, ɛni wan pan dɛn go gɛt === ɛnimi dɛn Bɔt if ɛnibɔdi tray fɔ wok togɛda ɛn wok wit ɔda pipul dɛn, pas fɔ wok agens dɛn, ɛni wan pan dɛn go gɛt === padi dɛn

+emweso, if ɔl kɔntri dɛn ɛp dɛnsɛf bikɔs dɛn lɛk dɛnsɛf, pis go de na di wɔl ɛn bɔku Chans go de fɔ mit ɔlman in nid ɛn fɔ mek dɛn gɛt wɛlbɔdi

^ ^ ^

! i wan dɛn we dɔn gɛt spiritual layt de gɛt di bɛst kwaliti dɛn we man ɛn uman gɛt * e pɔsin gɛt pafɛkt balans bitwin in sɛns ɛn imɔshɔn, i dɔn lan wan pan di impɔtant lɛsin dɛn we i kam na dis wɔl fɔ mek i no se dɛn impɔtant nature na spiritual, nɔto bɔdi

* e man ɛn uman de si dɛnsɛf @ɔs as we fɔ satisfay wetin dɛn want, dɛn kin risk fɔ pwɛl wanwɔd ɛn lɔs tru tru gladi at " an fɔ mek uman fl se i nɔ de wit am @ɔs fɔ du wetin i want fɔ du, bɔt as patna ɛn kɔmpin we i :alyu, rɛspɛkt, ɛn tek as ɛkspreshɔn fɔ di minin we fayn ɛn dip pas ɔl na layf * an uman, insɛf, fɔ si man insay di di sem we

* e man ɛn uman lɛk dɛnsɛf wit klin ɛn tru tru lɔ:, dɛn kin gɛt kɔmplit kɔmpitishɔn pan bɔdi, maynd ɛn spiritual lɛ:ul

* e dɛn sho se dɛn lɛk dɛnsɛf fayn fayn wan, di tin we kin apin na we dɛn kin gɛt wanwɔd fayn fayn wan ɛn gɛt nyu gladi at

^ ^ ^

* e pɔsin nɔ gladi na layf, i kin rili no am dip dip wan Na wan dairekt rod nɔmɔ de fɔ mek i gladi, ɛn dat na tru kɔnekshɔn wit >ɔd

>ɔd nɔ go ɛ:a lɛf di wan dɛn we abop pan am, ɛn i nɔ go ɛ:a lɛf di wan dɛn we lɛk am

! i wan dɛn we gɛt sɛns pan >ɔd biEnɛs kin sho di rod ɛn sho di tin dɛn we de ambɔg ɛn trap dɛn, bɔt di wan dɛn we de luk fɔ siriɔs tin fɔ tray tranga wan ɛn tra:ul di distans dɛnsɛf +piritual harmoni wit di wan dɛn we gɛt tru tru kɔnekshɔn wit >ɔd de gi spiritual bɛnift to di wan dɛn we want fɔ waka na di rod ɛn riCh di gol we dɛn want

^ ^ ^

Pis na yu maynd

* e yu de bɔn wɔri kin lɔs dɛn ɔt

ranYuility de kɔmɔt, we de briJ pis ɛn tranYuility

Na di wayt mast fɔ di bot we de gi layf

, ful/ɔp wit di briE we de mek pɔsin gladi we go de sote go, ɛn i nɔ gɛt ɛni gladi/at

+o i push di bot saful wan fɔ krɔs di wata we de na $ek Al/(ida

rankwiliti na di saful saful Aɔ we satisfay de Aɔ to di si we gɛt pis, we di wef dɛn we de wɔri nɔ tɔCh am Na di ambɔla fɔ di sol, we de spre oba di maynd ɛn at fɔ mɔtalman fɔ protɛkt di gladi at na in layf, smɔl ɛn big, frɔm di ren we de mek i fred ɛn wɔri

Na di not we de na ɛ:in we de kɔmɔt na di layla fɔ layf Na di oli sɔl we de na di tebul fɔ layf, di sprɛy we

de Aay frɔm di wata we de fɔdɔm fɔ a@ɔst, ɛn di wɔndaful, kwayɛt mud we di kiJdɔm fɔ di sol de gayd insay wanwɔd ɛn wanwɔd

ranYuility nɔto @ɔs fɔ ritrit dɛn we nɔbɔdi nɔ de

-n nɔbɔdi nɔ de fɔ rɔnawe pan di krawd ɛn nɔys

Bifo dat, i kin kam usay at dɛn kin wɛlkɔm am

-n i kin de usay sol dɛn kin gɛt kɔre@ insay am

, nɔ mata us tɛm ɛn ples

Na Aawa we nɔ gɛt wan bɔt ɛn we nɔ kin brok

, nɔ kin ebul fɔ bia we pɔsin tɔCh am rɔf

Bifo dat, i de li:, i de blo, ɛn i de gro fayn fayn wan

,f dɛn wata am wit fresh, klin wata

ranYuility na stil lek fɔ flin

Fri frɔm di wrinkles fɔ sɔri

Na in we de shed kray wata bikɔs i de fred

Fɔ di smɔl smɔl tin we de sho se yu de wɔri ɛn pwɛl at

* e dɛn kɔba di pe@ fɔ di sol we gɛt kol at

* an layt we gɛt klin wayt sno we brayt1

! i sno we gɛt kol at ɛn pis na yu maynd

! i big big briE we de mek pɔsin fred ɛn di ebi ebi ren we de mek pɔsin wɔri nɔ go win

! isturb pis ɛn kol at

Biɛn dis layt we at ɛn we de shayn

Fɔ dis blɛsin, raytin glɔ

^ ^ ^

Padi biEnɛs na di klin we aw >ɔd lɛk wi

Na bikɔs na di at in fridɔm fɔ disayd fɔ du sɔntin, i bɔn am

Nɔto famili instinkt de fos wi

Pafɛkt padi dɛn nɔ kin ɛ:a pat

Natin nɔ go ebul fɔ stɔp di tayt padi biEnɛs we dɛn gɛt lɛk brɔda ɛn sista dɛn

! i @ɛntri we padi biEnɛs gɛt na di prɔpati we :alyu pas ɔl

Na bikɔs tru tru padi biEnɛs gɛt sɔntin fɔ du wit di sol

Bifo di limits fɔ dis wɔl

#l di padi dɛn we wi kin gɛt tayt padi biEnɛs wit

* i go mit dɛn bak na di os we de na ɛ:in

Na bikɔs tru tru lɔ: nɔ de ɛ:a day

^ ^ ^

Bɔku pipul dɛn kin kam na di spiritual rod, bɔt di wan dɛn we de bia te di ɛnd go test di spiritual gladi/ at ɛn ɛn@ɔy tru tru pis

! i disaypul dɛn we gɛt tru tru disaypul dɛn / we no se di dak, dɔti rod dɛn na di wɔl de mek pipul dɛn at pwɛl ɛn dɛn de mek dɛn at pwɛl / de tɔn to >ɔd ɛn luk fɔ am wit ɔl tru tru trut, ɛn dɛn nɔ gɛt ɛni dawt bɔt aw i go ebul fɔ se: dɛn ɛn kɔre@ dɛn

,lɛksɛf di pɔsin we de luk fɔ am gɛt ansa we pɔsin kin si frɔm >ɔd ɔ i nɔ gɛt am, i nɔ de lɔs in trɔst pan Am, bɔt i de kɔntinyu fɔ beg am insay di dip dip pat na in sol, i shɔ se , de yɛri di beg ɛn se , go ansa di kɔl we in at kɔl di rayt tɛm

^ ^ ^

+ayns dɔn pru: se ɔl di tin dɛn we de insay di tin nɔ go ebul fɔ pwɛl, ɛn ɛni wef we gɛt ɛna@i nɔ go pwɛl

! is kin apin bak to mɔtalman insɛf ɔ in spiritual ɛsin we nɔ de day

" atyu kin Chen@, ɛn mɔtalman sol kin gɛt ɛkspiriɛns we kin Chen@

! ɛn kɔl di las Chen@ day, bɔt day ɔ Chen@ in fɔm nɔ de Chen@ ɔ pwɛl di spiritual ɛsin

^ ^ ^

D " asta fɔ di yuni:as ɛn di wan we di at dɛn lɛk, mek Yu kia fɔ wi $ɛ wi no se na Yu na di wan ɛn di wangren ! i:ayn)iJ, we sidɔm na di tron we wi want

Bifo di get fɔ layf ɛn day, Yu, D " asta, na di wangren ɛn di bɛst gol

Yu na rial layf, ɛn natin nɔ de if yu nɔ de

Blɛs wi so dat wi go si gud, yɛri gud, ɛn tink bɔt tin dɛn we go mek wi gɛt maynd ɛn we go bɛnift wi

! i wan dɛn we ɔmbul na di big wan dɛn na di wɔl

! i pɔsin we de luk fɔ >ɔd fɔ luk fɔ >ɔd insɛf, bikɔs nɔbɔdi nɔ go ebul fɔ gi am da no deɴ bifo dat, i fɔ wok fɔ gɛt di bɛst prayE

* e pɔsin we de luk fɔ >ɔd disayd tranga wan fɔ fɛn >ɔd ɛn @ɔyn da disayd de wit siriɔs tink bɔt am, i go fɛn Am

* ans yu tɔCh di di:ayn preEɛns, yu pas di lɔ fɔ kɔE ɛn ɛfɛkt

! i gladi at we mɔtalman de ima@in ɛn luk fɔ de insay >ɔd, ɛn di wan dɛn we de kɔntakt am na dɛn rili gladi

Blɛs wi, " asta, so dat wi go gi yu fɔs ples na wi layf ɛn so dat wi nɔ go alaw di tɛmteshɔn dɛn na di wɔl fɔ kɔmpit wit yu lɔ: na wi at

$ɛ wi opin wi at fɔ di:ayn lɔ: so dat i go kam insay wi layf, ful/ɔp dɛn wit layt, ɛn adorn dɛn wit di ros dɛm fɔ gladi at

-ni gud tin we wi de du na in:ɛstismɛnt we wi de win sote go

Biɛn di smɔl kɔnshɛns we mɔtalman gɛt, na >ɔd in pawa we nɔ gɛt ɛnd de

+impul layf de gi fridɔm

* e tin dɛn kin kol, i kin pɔsibul fɔ lisin to di di:ayn program tru di redio we de mek pɔsin want fɔ du sɔntin -n we wi gɛt sinsi, wi kin mek pipul dɛn we gɛt tru tru pipul dɛn kam to wi, ɛn tru dɛn, wi kin ɛkspiriɛns >ɔd in gudnɛs ɛn lɔ:

^ ^ ^

No mata yu e@, if yu se 7, Can7 yu yɔJ

! i maynd we >ɔd dɔn gi wi na pawaful tin ɛn i want wi fɔ yuE am fɔ du gud

! i mɔ we a de tink bɔt >ɔd insay mi, na di mɔ ,n preEɛns de sho klia wan to mi na di wɔl we de rawnd mi

^ ^ ^

Blɛs wi, D " asta, ɛn mek wi lɛk Yu wit big lɔ:

+o dat wi go ɛn@ɔy yu preEɛns ɛn yu go gladi fɔ yu

- :ride na wi layf

+o dat di wɔl ɛn di tin dɛn we de tɛmt wi nɔ go ebul fɔ gɛt wi at

distɛkt wi ɛn mek wi nɔ tink bɔt yu

Blɛs wi so dat wi go li: ɛ:ride insay yu layt ɛn pis

* i de rili want yu ɛn wi de wet fɔ yu wit ɔl wi at

Bifo yu want fɔ gɛt tin dɛn we de apin na di wɔl we nɔ de sote go

! airekt di kɔs fɔ wi layf to yu

+o dat wen bad abit dɛn de tray

Fɔ posɛs wi ɛn tay wi kɔnshɛns to di kɔnstrakshɔn dɛn na dis wɔl

* i aidia dem de Aay to yu wit hai spid

! i wɔl, " asta, de mek wi wɔri

* e yu de tink gud wan

, de briJ sef ɛn pis na wi sol

Yu na wi layf

-n yu na di wan we wi lɛk

-n di swit we wi de de

* it dip de:oshɔn wi de butu to Yu

D " asta fɔ wi at

* i de aks yu fɔ ful wi layf wit yu lɔ:

-n fɔ sho yusɛf to wi

-n to ɔl di wan dɛn we de fala yu ɛn di wan dɛn we lɛk yu

(*7 0 # W 3

" ɔ lekChɔ dɛn we di tiCha go gi

Paramhansa Yogananda, we de wok fɔ yu

Na di link we de dɔJ ya1

wwwswaidayogakɔm na di wɛbsayt

,nsay ,ndia, dɛn kin tek Buddha as >ɔd in bɔdi , bin li: lɛk fay: ɔndrɛd ia bifo <iEɔs)rays ɛn na bin wan ,ndian kiJ in pikin

>autama in papa Hwe leta dɛn kam fɔ no as Buddha, we min 7di wan we gɛt layt7I bin rawnd in prins bɔy pikin frɔm we dɛn bɔn am wit ɛ:ri lɔ@ishɔn ɛn fayn fayn tin dɛn, i bin de shaw am wit indul@ɛns we nɔ gɛt bɔda dɛn se >autama in mared bin so fayn ɛn i bin rili bɔku dat di kiJdɔm dɛn we bin de trade nɔ bin ɛ:a si di kayn we aw i tan

!is we ya, >autama bin gro ɛn riCh man, ɛn i bin bili: se di wɔl we de rawnd am na ples we pipul dɛn kin gɛt gladi/at ɔltɛm ɛn tin dɛn we kin mek i gladi we nɔ gɛt ɛnd

Bɔt Prins >autama bin rili want fɔ fɛn di wɔl biɛn di pales get dɛn ɛn di fayn fayn gadin dɛn * an de, i bin go insay disgiE wit in Chariɔt dray:a fɔ go si di wɔl fɔ insɛf

!i fayn yɔJ man bin sɔprayE ɛn rili afɛkt am we i si fɔ di fɔs tɛm na in layf wan ol man we nɔ gɛt bɛtɛ trɛnk, ɛn ɔda pɔsin we de blo in las briE, ɛn i si bak wan bɔdi we nɔ gɛt layf

, luk in bɔdi we gɛt wɛlbɔdi ɛn we gɛt layf ɛn aks di payɔnia if in bɔdi sɛf go ol wan de, rɔtin, ɛn lɔs in spak fɔ layf !i payɔnia nɔ bin want fɔ ansa se1

7D Prins, ɔl mɔtalman bɔdi kin gɛt sik, wik, ɛn ol, ɛn na dat mek dɛn fate na day72

* e di yɔJ prins yɛri dis, i bigin fɔ tink siriɔs wan bɔt di ilyushɔn dɛn we de na dis wɔl * an nɛt, we in wɛf ɛn in wangren bɔy pikin bin de slip, >autama bin luk dɛn las wan, ɛn wit yay we bin de kray, i kɔmɔt na di pales fɔ go fɛn di trut we go fri mɔtalman frɔm sɔri ɛn pen sote go ɛn gi dɛn tru tru ɔndastandin bɔt di sikrit bɔt layf ɛn day

! i prins bin de du bɔku we dɛn fɔ asCetiCism ɛn fɔ dinay insɛf ! ɛn se i bin spɛn sɛ:in ia fɔ fast ɛn ɔda tin dɛn we gɛt fɔ du wit >ɔd biEnɛs Fɔ dɔn, we i bin de tink gud wan ɔnda wan banyan Hfgl tik na di Bodh >aya ri@ɔn na ,ndia, i bin gɛt kɔmplit sɛns

! ɔn i bigin fɔ it bak nɔmal wan fɔ gi in bɔdi tin fɔ it ɛn spre ɔlsay na ,ndia di prinsipul dɛn bɔt sɔri/at ɛn ikwal lɔ: fɔ ɔl di tin dɛn we gɛt layfK mɔtalman, bɔd, ɛn animal , ad:ays bak se i nɔ fɔ atak di tin dɛn we de na di wɔl wit di op fɔ gɛt nir:ana, ɔ di stet fɔ lɛf di sol we de fri di sol frɔm we i bɔn bak

$eta, di wan dɛn we bin de fala am bin skata di tin dɛn we i bin de tiCh ɔlsay na ,ndia, <epan, 0haena, ɛn ɔda say dɛn na di wɔl

Bɔku tɛm dɛn nɔ kin ɔndastand di stet we Nir:ana de, ɔ di we aw tu tin nɔ de, dɛn nɔ kin ɔndastand am se na fɔ dɔnawe wit di sɛf Bɔt wetin Buddha bin min na fɔ dɔnawe wit di pɔsin we nɔ gɛt bɛtɛ pɔsin ɔ di lay lay pɔsin we i bi, ! ɛn fɔ dɔnawe wit dis smɔl pɔsin so dat di sol we nɔ de day go ebul fɔ fri frɔm di saykl we i de go bak to mɔtalman bɔdi

! i Budist tiChin fɔ dɔnawe wit pipul dɛn, we bin de tek am as di gol fɔ layf, leta dɛn tek in ples na ,ndia wit di +wami tiChin we +hankara, we na di pɔsin we mek di +wami ɔda na ,ndia, we bin tiCh se di gol fɔ

layf na fɔ gɛt blɛsin kɔnshɛns union wit di yuni:asal spirit we nɔ go dɔnawe wit sɛlf/awareness

" asta Buddha ɛn in disaypul dɛn nɔ bin mared * e dɛn bin de tra:ul na ,ndia, wan stren@ tin bin apin to Buddha we bin mek in disaypul dɛn kɔnfyus ɛn mek sɔm pan dɛn dawt di we aw dɛn tiCha de bie:

As di big Buddha bin de rɛst wit dɛn na di shed fɔ wan tik, wan uman kam nia dɛn ɛn i nɔ bin ebul fɔ stɔp di Buddha in bɔdi ɛn in fes, we bin de kɔmɔt pan wan ɛkstra ɔdinari layt , bin lɛk am wantɛm wantɛm , bin rili lɛk am, i bin rɔsh to am wit opin an fɔ ɔg am ɛn kis am, ɛn ala se, 7D gladi ɛn layt fɔ layf, mi at de bit wit lɔ: fɔ yuF7

! i disaypul dɛn bin sɔprayE we dɛn yɛri dɛn masta de ansa di pɔsin we de tɛmpt am bay we i se, 7 " i dia, a lɛk yu bak Bɔt nɔ tɔCh mi naw, bikɔs di tɛm nɔ riCh yet72

, ansa se1 7Yu se ⍰mi lɔ:⍰ ɛn yet yu nɔ alaw mi fɔ tɔCh yuF7

! i big Buddha ansa se1 7 (ɛst ashu, mi lɔ:, se a go tɔCh yu leta, bɔt nɔto naw -n a go pru: aw a lɛk yu72

* e i fain se i nɔ bili: wetin i tɔk, i ad se1 7 rɔst mi wɔd dɛn, mi fambul, ɛn nɔ ɛ:a dawt am $eta, we yu lɔ:man dɛn we lɛk yu naw dɔn lɛf yu, a go kam to yu72

,n studɛnt dɛn bin kɔnfyus we dɛn yɛri dɛn masta in stori dɛn ya bɔt lɔ:, ɛn sɔm pan dɛn bin tink se dɛn tiCha dɔn rili fɔdɔm na di trap we di uman we de ful pipul dɛn de du

Bɔku ia afta da tin de apin, we Buddha bin de tink gud wan wit in disaypul dɛn, i ala wantɛm wantɛm se1

7A fɔ go, bikɔs mi pɔsin we a lɛk we de ful mi de kɔl mi , nid mi naw, ɛn a fɔ du di prɔmis we a bin mek to am72

As i tɔk dɛn wɔd ya so, i grap ɛn rɔn go, ɛn di disaypul dɛn rɔn afta am fɔ tray tranga wan fɔ se: am frɔm di tɛmt we di uman we de ful am bin de tɛmpt am

Fɔ dɔn, di big tiCha ɛn in disaypul dɛn riCh na di sem tik usay i bin dɔn mit di pɔsin we de tɛmpt am ia bifo * etin dɛn si ɔnda da tik deG

! ɛn si di sem uman ledɔm na grɔn, in fayn bɔdi ful/ɔp wit smɛlpoks ɛn ful/ɔp wit dɔti dɔti smɛl, we de bɔn

! i disaypul dɛn bin de shek shek ɛn muf kɔmɔt nia am wantɛm wantɛm, bɔt Buddha, wit in saful at ɛn dip lɔ:, sidɔm nia am, es in bɔdi we bin de rɔtin, put am na in lap, ɛn wispa na in yes1

7 " i lɔ:, a kam fɔ pru: aw a lɛk yu, ɛn fɔ fulfl mi prɔmis se a go tɔCh yu A dɔn wet fɔ lɔng tɛm fɔ pru: to yu mi sinsi lɔ: A lɛk yu we ɔlman stɔp fɔ lɛk yu -n a de tɔCh yu we yu padi dɛm V di de dɛm fɔ glori V nɔ want fɔ tɔCh yu72

* e i tɔk dɛn wɔd dɛn de, i mɛn am wantɛm wantɛm frɔm di bad bad sik we i bin gɛt ɛn aks am fɔ @ɔyn in disaypul dɛn famili, ɛn i bin ansa di rikwest wit maynd ɛn gladi at we nɔ de shekF

Pis de fɔ una

A a rmashɔn dɛn Fɔ @enɛral hiling

Na di tron fɔ ɛ:ri flin, ɛ:ri tink ɛn wil, 2

D " asta, Yu sidɔm, ɛn Yu de waCh mi bi

Yu de tink, wil, ɛn flin

Yu de gayd Yu de dayrɛkt ɛ:ri tink, wil, ɛn flin

+o dat yu go du wetin yu de gayd yu

-n fala yu gayd

-n bi yu ɛgEampul

,nsay di tɛmpul fɔ kɔnshɛns layt de

Yu layt na di bigman we de mɛn pipul dɛn

* etin mi yay dɔn si bifo, a de si naw

" i tɛmpul dɔn layt naw, daknɛs nɔ de insayF

A bin slip ɛn drim se dɛn go pwɛl di tɛmpul

* it di aks dɛm fɔ fred ɛn ignoranCe, ɛn di faya dɛm fɔ wɔri

Yu @ɔs wek mi fɔ si di strɔkChɔ intakt, nɔto insay ruinsF

A want fɔ wɔship yu, a want fɔ si yu

,nsay mi bi, insay di sta dɛn

,nsay di bɔdi in sɛl dɛn, dɛn kin wok ɔltɛm

, de kɔrɛkt ɛn mek ɛnitin we nɔ fayn na di bɔdi

Dh, aw a kin want fɔ wɔship yu

A de si yu na mi bɔdi, rawnd mi, ɛn na ɔl di tin dɛn we de apin

Yu na ɔl/ɛgEistent

" i lɔ: fɔ yu, D " asta, nɔ gɛt ɛndF

Yu wil, D " asta, de wok tru mi

" i wil na spak fɔ yu layt

,nsay mi, layt de shayn, ɛn daknɛs de push bak

A go intend ɛn want

A go wok ɛn bil

No mek mi ego gayd mi

Bifo dat, na yu de dayrɛkt

-n na yu na di wan we a de lisin to

A go akɔmplit am tru di pawa we a want

Akti: we nɔ de taya

+o mek a mekɔp mi maynd strɔng, D " asta

Na Yu big big wil

" ek wi, D " asta, bi

$ɛk smɔl pikin dɛn we nɔ du natin

$ɛk di wan dɛn we de ɛn@ɔy di kiJdɔm na ɛ:in

Yu lɔ: we de insay wi na pafɛkt

-n as yu na pafɛkt pɔsin

! is na aw wi gɛt wɛlbɔdi, pan bɔdi ɛn maynd

Yu de ɔlsay ɛn pafɛkt de na yu fes

Yu layt de shayn insay di bɔdi

, sɛl dɛn gɛt wɛlbɔdi we yu de pul frɔm yu layt

" ek a no se yu de li: na mi maynd

* it mi sol ɛn mi bi

* it e:ri atom fo mai bodi

" ek a no seF

D layf na mi layf, yu pafɛkt, yu de ɔlsay

Yu de na mi at ɛn yu de na mi maynd

* it mi yay, mi fes, en mi bodi

Na yu de mu: mi fut so dat a go waka

!ɛn ɔl tu gɛt sawnd

Yu trɛnk na yu sɔpɔtN yu akti:iti na yu trɛnk

A nɔ go fɔdɔm bikɔs una de sɔpɔt mi

A nɔ de fɔdɔm bikɔs

A de abop pan yu trɛnkF

Yu de na mi trot

Yu de na mi bɛlɛ ɛn na mi bɔdi

-ni ɔgan de shayn wit layt

Na mi spayna yu de Aik, yu de shayn

, gɛt pawaful Cha@, i gɛt wɛlbɔdi ɔlsay

Yu de Aɔ tru mi ner: dɛn, klin ɛna@i

, fayn pafɛkt wan

,nsay mi :ein dɛn na mi at i de Aɔ

Yu na faya we de bɔn ɔl di dɔti tin dɛn

, de mek di bɔdi klin frɔm ɔl di sik dɛn

<ɔs lɛk aw yu na mi pɔsin we a lɛk, na so misɛf na yu pɔsin we a lɛk

A de fl yu preEɛns na mi maynd

, de puls wit di kɔrɛnt we layf de mek

" ek mi ima@ineshɔn soar pas ɔl di limit dɛn

" ek i Aay na ɛ:ri ri@yɔn we nɔ gɛt ɛnitin fɔ ambɔg am ɔ we nɔ gɛt ɛnitin fɔ stɔp am

,f a tink bɔt sik dɛn, misɛf kin sik

* e a de tink bɔt wɛlbɔdi biEnɛs, a kin fl se a dɔn wɛl

-:ri mɔnt, ɛ:ri awa, ɛ:ride

A kin fl se a strɔng, a kin fl se a gɛt wɛlbɔdi

A kin fl gladi, trɛnk, ɛn gladi

A bin drim se a sik

A wek ɛn laf we a fɛn

" i kray wata de kɔmɔt na mi yaylid

! is na kray wata fɔ gladi, nɔto kray wata fɔ sɔri

A rili gɛt wɛlbɔdi ɛn a gɛt wɛlbɔdi

Pan ɔl we dɛn bin de drim bɔt sik

Dh >od, mek a fl yu gladi

-n a lɛk yu ɛn yu preEɛns

,lɛksɛf a de obe ɔ a traJa

A go kɔntinyu fɔ bi di pɔsin we yu lɛk, mi " asta, sote go

" ek a fl se a gɛt wɛlbɔdi ɔltɛm

-n a gladi na mi layf

" ek a ful yu gladi at

" ek a ɔndastand, D * an we No #ltin

Bikɔs Yu want fɔ gɛt sɛnsF
+elf/analysis1 Na di men tin we go mek yu gɛt gladi at

" asta Paramhansa Yogananda

ransleshɔn1 " ahmuud Abas " asoud

$ɛ wi lɛf di kɔnfns fɔ di ego ɛn waka waka tru di big, boundless meadows of spiritual progress $ɛk di kara:an fɔ tɛm, we de ɛ:a tra:ul along di rod dɛm fɔ layf, so bak di kara:an fɔ di sol fɔ waka along di rod dɛm fɔ ultimate eOpansion to di threshold of di di:ane spirit

! i tin we dɛn kin du fɔ du di impɔtant wok dɛn we pɔsin fɔ du na layf kin kɔntinyu fɔ bɛr am ɔnda di rɔb ɛn dɔti tin dɛn we mɔtalman abit dɛn gɛt, Pɔsin fɔ fri insɛf frɔm di stiAing inAɔwɛns we dɛn abit ya gɛt ɛn bigin fɔ plant di sid dɛn fɔ di sakrifays we pɔsin kin want fɔ gɛt na di grɔn na in layf $ayf kin gɛt :alyu ɛn minin we wi du di wok we impɔtant pas ɔl ɛn we impɔtant pas ɔl1 fɔ fɛn di tru minin ɛn :alyu we wi gɛt

" ɔtalman fɔ ɔndastand se dɛn dinamik kɔsmik ime@ ya we de sho layf nɔ de prɛEɛnt witout riEin
-:ride wi de si nyu tin dɛn, ɛn ɛ:ride de briJ nyu lɛsin

dɛn we wi fɔ lan bay we wi de pe atɛnshɔn pan di men tin we mek mɔtalman de1 fɔ no di +uprim Biin we ayd biɛn di :el fɔ layf

Bɔku bɔku pipul dɛn nɔ de ɛ:a du sɛlf/analysis +aykolo@ik wan, dɛn kin kɔmpia dɛn to ɔtomatik prɔdak dɛm na dɛn en:ayrɔmɛnt !ɛn kin spɛn dɛn layf de biEi wit brɛkfas, lanCh, dina, wok, slip, ɛn go ya ɛn de fɔ fɛn ɛn@ɔymɛnt ɛn ɛn@ɔymɛnt !ɛn nɔ no wetin dɛn de luk fɔ, wetin mek dɛn de luk fɔ am, ɔ wetin mek dɛn nɔ dɔn fɛn kɔmplit gladi at ɛn satisfay we go las * itout sRlf/analysis, pipul dRm de stil bi StomatSn, we dRn de gS: di kSndishSn dRm na dRn en:ayroment PrSp sRlf/analysis na di mSst ifekti: we fS go bifo Rn di:RlSp in pStRnshal

+elf/analysis must be ConduCted with honesty and integrity !i bɛst we fɔ du dis na fɔ mek pɔsin rayt wetin i de tink ɛn wetin i want ɛ:ride, alaw am fɔ kɔnfrɛnt in tru tru sɛf we nɔ gɛt ɛmbellishmɛnt ɔ pretenshɔn Bɔku pipul dɛn nɔ kin Chen@ fɔ bɛtɛ bikɔs dɛn nɔ kin si dɛn yon fɔlt

#lman na prodakt fɔ in en:ayrɔmɛnt ɛn ɛriti Pɔsin we dɛn bɔn na wan patikyula kɔntri go sho di difrɛn kwaliti dɛn we da kɔntri de gɛt +ɔmbɔdi we bɔn na 0haina ɔ wan * ɛstɛn kɔntri go mɔs sho di kwaliti ɛn kwaliti dɛn we gɛt fɔ du wit dɛn kɔntri dɛn de !i en:ayrɔmɛnt we pɔsin de li: insay na bikɔs ɔf tin dɛn we i gɛt frɔm in mama ɛn papa1 di bɛnift ɛn di tin dɛn we i want we i dɔn gɛt insay in layf we i bin dɔn li: trade !i kwaliti dɛn we i gɛt frɔm di bɔdi we i bin dɔn gɛt trade, de mek i gɛt di di bɔn we pɔsin bɔn na di famili ɔ di say we i de

* e wi de rid bɔt famili dɛn we pipul dɛn sabi, bɔku tɛm wi kin notis se big pipul dɛn pikin dɛn nɔ kin rili

de na di sem intɛlektual lɛ:ɛl lɛk dɛn mama ɛn papa !is bayolo@ikal ɛn @enɛtik fayl na mɔtalman kin mek pipul dɛn sɔprayE ɛn aks kwɛstyɔn dɛn1 * etin mek wi nɔ kin si di sem riEɔlt na mɔtalman layf lɛk aw wi kin si na di plant ɛn animal kiJdɔm dɛn, usay gud brid dɛn kin prodyuE gud bridG * i fɔ go insay di insay wok we mɔtalman layf de du fɔ fɛn di ansa

, nɔ kin iEi fɔ fɛn pikin na famili we spɛshal pan buk ɛn sayɛns we nɔ gɛt ɛni intres pan buk ɛn magaEin atɔl Na tru se dɛn bɔn am ɛn mɛn am na say we pipul dɛn lɛk buk ɛn magaEin, bɔt stil i nɔ gɛt di sem tin dɛn we i kin tink bɔt * etin mek ɛn aw dɛn kayn paradoks ya kin apinG ’n:ayrɔmɛnt ɛn ɛriditi nɔ de gi lɔ@ik ɛksplen fɔ dis tin we de apin Bɔt biɛn ɔl dɛn tin ya na di trut bɔt riinkarnɛshɔn * i bɔn insay wan patikyula famili bikɔs ɔf wan kayn we we fba sɔm kwaliti dɛn Bɔt ɛni mɛmba na di famili na indipɛndɛnt pɔsin, wit trayt dɛn we dɛn briJ frɔm dɛn layf we dɛn bin dɔn li: trade Fɔ dis riEin, pan ɔl we sɔm bayolo@ikal ɛn @enɛtik similitu dɛn de bitwin famili mɛmba dɛn, ɛni pɔsin difrɛn frɔm ɔda pipul dɛn pan kɔlChɔ ɛn pɔsin in pasɔnaliti

Pɔsin kin pik fɔ bɔn insay wan patikyula famili ɛn insay wan patikyula soshal ɔ nashɔnal ɛn:ayrɔmɛnt fɔ patikyula riEin dɛn we dɛn dɔn disayd bay di tin dɛn we i dɔn du trade Frɔm dis pɔynt, pɔsin na di akitɔk fɔ in yon destiny ɛn di pɔsin we de plan in fate Pɔsin kin prɛdikt, to sɔm mak, wetin i go bi insay in fu@a layf bay we i de analayE wetin i want ɛn di impɔtant abit dɛn we i gɛt na dis layf

!is na di say we di impɔtant tin fɔ analayE dɛnsɛf fɔ mek pɔsin gro pan spiritual tin dɛn de +ɔm pipul dɛn kin adikshɔn fɔ rid tra@ik no:el, dɛn kin tek am se

na dɛn fa: @ɛnɛreshɔn ɛn fl se dɛn go kɔntinyu fɔ ɛn@ɔy dɛn fɔ di res ɔf dɛn layf Bɔt if dɛn bin fɔ analayE dɛnsɛf, dɛn go si se bɔku tɛm dɛn kin gɛt pwɛl hat ɛn :ɛks bikɔs dɛn kin rid dis kayn buk ɔltɛm Bikɔs ɔf dis pwɛl hat, dɛn kin want fɔ lɛf di abit ɛn insted fɔ gɛt di abit fɔ rid spiritual buk dɛn we de mek dɛn tink ɛn gi dɛn flin wit fayn ɛn fayn fayn aidia dɛn ,f dɛn mek dis Chen@, dɛn go si se dɛn layf dɔn tek wan fayn nyu we bikɔs dɛn gɛt kɔnshɛns sɛns ɛn strɔng ditarminieshɔn

Na tru se wi kin Chen@ wisɛf kwik kwik wan if wi want, bɔt fɔ Chen@ di we aw wi de du tin ɛn di abit dɛn we wi de du fɔ lɔng lɔng tɛm, wi nid fɔ rili tray ɛn gɛt strɔng wil

Fɔ pul wan abit we dɔn rili stɔp, ɔl di pawa dɛn we de mek pɔsin disayd fɔ du sɔntin, dɛn fɔ mobiliE am na di ɔpɔEit dairekshɔn te di bad abit nɔ gɛt pawa ɛn i nɔ gɛt pawa igen Bɔku pipul dɛn nɔ gɛt di peshɛnt ɛn peshɛnt we i nid fɔ dis Bɔt, pɔsin fɔ no se wetin i dɔn mek ɔ du, dɛn kin pul am ɔ mek i nɔ gɛt pawa igen

* e yu de analayE yusɛf, gɛt strɔng want fɔ pul yu wikɛd tin dɛn ɛn bi di pɔsin we yu mek fɔ bi Nɔ fl pwɛl ɔ frustrate we yu diskɔba fɔlt dɛn we ɔnɛs sɛlf/ analysis de shoN bifo dat, tek am se na Chans fɔ no wetin nid fɔ adrɛs pan yu pɔsin

wan tiori dSn kSmSt we de kSlRm se tink na prodakt fS di Rndokrin gland dRm !is kSnsRpt nS gRt f Ss FSs Rn bon nS kin prodyuE tinkin !i maynd na di masta akitRkt fS S ltin, Sl tu @RnarSl Rn spRsif k <Rs lRk aw wata de bi ays tru kol, tink de tek fSm fS fSm tru k SndensRshSn Sltin na di yuni:Rrs dRn de tink in fSm f Sm ,:in di Rndokrin Sgan na fSs mSdel fS wan sSm m Sdel fS tink

Pɔsin in bɔdi ɛn in maynd stet kin rili miks Fɔ ɛgEampul, dɛn dɔn si se pipul dɛn we gɛt li:a sik kin :ɛks ɛn nɔ kin :ɛks bad bad wan * e pɔsin de sɔfa wit di bayl we de kɔmɔt pasmak ɔ in li:a nɔ de wok fayn, i nɔ kin fl fɔ smayl ɔ gladi wit ɔlman we i mit Bifo dat, i kin fl :ɛks ɛn :ɛks in ɛn flin kin afɛkt di kayn we aw i de fl

* e di ɔgan dɛn pwɛl, i kin ambɔg di maynd trɛnk bad bad wan, we kin mek i wik !i wan dɛn we de it bɔku mit kin :ɛks ɛn :ɛks bɔku tɛm ,f pɔsin it grep @us nɔmɔ fɔ wan wik, i go fl se i gɛt trɛnk ɛn i go gɛt wanwɔd wit ɔlman

,f yu it pasmak ɛn it tin dɛn we nɔ fayn, dat kin mek ɛn kip bɔku bɔku pɔyEin na di bɔdi, we nɔ gɛt wan dawt se i kin gɛt bad bad impak pan di maynd, we kin mek i slo, i kin taya, ɛn i kin iEi fɔ mek i :ɛks * e yu fast wan wan tɛm pan grep ɔ ɔrɛn@ @us, dat kin ɛp fɔ klin di bɔdi, we insɛf kin ɛp fɔ mek di bren gɛt layf bak ɛn gi am trɛnk !ɔn bak, di tritmɛnt fast fɔ wan de insay di wik, ɛn sɔm tɛm dɛn fɔ tri deE wan tɛm Hwe yu de drink wata ɛn @us we yu de fastI, dɛn dɔn sho se i kin ɛp fɔ klin di bɔdi frɔm di pɔyEin we dɔn gɛda ɛn west Fɔ fast fɔ pas tri deE wan tɛm, yu fɔ du am ɔnda di sɔpɔtishɔn fɔ dɔkto ɔ pɔsin we sabi bɔt fast

* an tɛm a mit wan sɛ:inti ia ol man we wɛr layt klos, nɔ kot, ɛn nɔ sɔks, pan ɔl we i bin rili kol , mek a no se i nɔ de fl kol atɔlF , bin dɔn yus in bɔdi to di kol wɛda !i maynd de afɛkt di bɔdi pas aw di bɔdi de afɛkt di maynd, pan ɔl we di bɔdi in kemikal ɛlimɛnt dɛn de afɛkt di maynd ɔltɛm

HNote1 +erious researCh into the impaCt of food and nutrition on mental health had been underway for many years before Paramhansa made this

obser:ation People who grew up in po:erty and were depri:ed of proper nutrition Certainly showed impaired mental de:elopment and slower responses ,n addition, sCienCe has shown that some forms of insanity WwhiCh are still Considered inCurableX ha:e impro:ed signifCantly with the simple use of :itamins Also, the Causes fɔ sɔm kayn pwɛl hat, wɔri, ɛn ɔda flin kin kɔmɔt frɔm wae di kemikal dɛm wae de insay di bɔdi nɔr balansI

Pan ɔl we di maynd gɛt bɔku pawa pan di bɔdi, i nɔ fayn fɔ lɛ yu nɔ pe atɛnshɔn to di bɔdi Pɔsin fɔ put wɛlbɔdi it fɔs pas it we nɔ gɛt wɛlbɔdi ,f tin kin mek yu li: wit pipul dɛn we de mek yu :ɛks, i fayn fɔ Chen@ di say we yu de wan wan tɛm Bɔt i:in bɛtɛ pas ɔl dis na fɔ Chen@ yu saykilɔ@ik stet so dat yu nɔ go mɔna yu wit di tin dɛn we ɔda pipul dɛn de du 0hen@ yusɛf, ɛn yu go ebul fɔ li: wit pis ɛn gladi at ɛnisay

!i wɔl as a ɔl tan lɛk mental asylum +ɔm pipul dɛn kin sɔfa wit @ɛlɔs ɛn @ɛlɔs, ɔda wan dɛn kin sɔfa wit :ɛks, et, ɛn lɔst !ɛn kin bi :iktim fɔ dɛn abit ɛn flin Bɔt yu kin mek pis na yu en:ayrɔmɛnt AnalayE yusɛf ,mɔshɔn dɛn gɛt difnit riperkushɔn na yu maynd ɛn bɔdi 'n:y ɛn fred kin mek yu fes tan lɛk se yu nɔ gɛt wan kɔlɔ, pan ɔl we lɔ: kin mek i shayn *e yu kin kol, yu go bi gladi

,lɛk us kayn sɛf pɔsin de tray fɔ gɛt, i fɔ tray fɔ analayE in tru tru nature ɛn di:ɛlɔp in bɛst kwaliti dɛn Pɔsin kin gɛt moral, ethiCal, patriotiC, artistiC, ɔ entrepreneurial identity, ɛn ɔda tin dɛn ,f dɛn gol na fɔ alaynɛd wit di highest moral ideals, dɛn fɔ li: wit integriti ɛn gɛt gudwil ɛn bene:olent intentions to ɔlman !is na di essenCe of :irtuous ConduCt Na prawd we de drɛb di wan dɛn we de @ɔstify dɛnsɛf fɔ kɔrɛkt ɛn

kɔndɛm di wik wan dɛn we de rawnd dɛn Bɔt di wan dɛn we gɛt fayn abit ɛn ɔndastandin sol kin sɔri fɔ ɔda pipul dɛn ɛn nɔ kin kɔndɛm dɛn fɔ mistek dɛn we kɔmɔt frɔm we dɛn nɔ no natin ɛn we dɛn nɔ de @ɔ@ di rayt we

! i wan dɛn we gɛt di abit fɔ lɛk prɔpati kin sɔfa bɔku tɛm we nɔ nid ! ɛn kayn pipul ya fɔ lan fɔ kɔntrol dɛnsɛf, ɔdasay dɛn kin tan lɛk tin dɛn we de mu: na di wɔl, dɛn fɔ smok sɔm nɔmba fɔ sigrɛt ɛ:ride ɛn it patikyula it ! ɛn kin gɛt ed pen if dɛn mis dɛn kɔf ɔ lanCh ɛn dɛn kin @ɔs slip pan matres we gɛt patikyula kwaliti dɛn Pan ɔl we kɔmfɔt fayn, pɔsin nɔ fɔ alaw dɛn fɔ mek insɛf bi sle: Balans impɔtant, ɛn if pɔsin nɔ balans dɛn maynd, bɔdi, ɛn spiritual nature, i nɔ go no gladi at , nɔ mek sɛns fɔ alaw di matiral nature fɔ dominate pɔsin in sɛns ɛn sɛns ! i las wɔd ɛn di las disiEhɔn fɔ bi fɔ kɔnshɛns ɛn sɛns ɔltɛm

* an simpul layf ɛn ay ay tinkin fɔ bi di gol dɛm fɔ mɔtalman * i fɔ kɛr ɔl di ɛlimɛnt dɛm fɔ gladi at insay wisɛf ! is kin pɔsibul tru meditashɔn ɛn alaynɛd wi kɔnshɛns wit spiritual gladi we de ɛ:a ridyus >ɔd na ɔlman gladi, ɛn insay wanwɔd wit Am, wi f l ,n gladi ɛn teist ,n swit * i nɔ fɔ ɛ:a mɔtgɛ@ wi gladi at to ɛni ɛksternal inAɔɛns ,lɛk di en:ayrɔmɛnt we wi de li: ɔ wok, wi fɔ protɛkt wi insay pis frɔm in inAɛns AnalayE yusɛf ɛn bi wetin yu fɔ bi ɛn wetin yu want fɔ bi Pipul dɛn nɔ kin lan tru tru kɔntrol fɔ yusɛfℕ bifo dat, dɛn kin du tin dɛn we de ambɔg dɛn yon wɛlbɔdi ɛn stil bili: se dɛn gladiF Bɔt dɛn gladi at na lay lay tin ! i tru tin fɔ gladi ɛn sakrifays de fɔ du di tin dɛn we yu want fɔ du bikɔs na yu wok, ɛn nɔ du bad tin bikɔs fɔ a:ɔyd dɛn bɛtɛ

Yu nɔ fɔ kip yu maynd preoCCupied wit bɔku bɔku tin dɛn we de mɔna yu ɛn intres ’ :aluate dɛn fɔ no if dɛn rili impɔtant aym :alyu ɛn nɔ fɔ west Fɔ rid wan buk we go bɛnift yu kin mek yu wɛlbɔdi bɛtɛ fa fawe pas fɔ waCh fm A kin se bɔku tɛm se, 7,f yu rid fɔ wan awa, rayt fɔ tu ,f yu rayt fɔ tu awa, tink fɔ tri awa ,f yu tink fɔ tri awa, tink gud wan fɔ di wan ol tɛm7

-nisay we a go, a kin ɔltɛm kip mi spiritual pis ɛn tranYuility !i kɔmpas nidul ɔltɛm de pɔynt nɔt +emweso, di maynd fɔ de ɔltɛm dayrɛkt to di pol fɔ spiritual gladiɴ den nɔbɔdi nɔ go ebul fɔ ambɔg yu pis ɔ ambɔg yu balans

Pɔsin fɔ tray fɔ bi bɛtɛ ɛ:ride pas di las wan, ɔdasay i kin de go bak pan wɛlbɔdi, pis insay in at, ɛn gladi at * etin mekG Bikɔs dɛn nɔ de tray fɔ kɔntrol wetin dɛn de tink ɛn du " ɔtalman kin mek dɛn abit, ɛn dɛn kin Chen@ dɛn ,f yu si se yu kin tink bad, rawnd yusɛf wit gud pipul dɛn, rid gud buk, ɛn tink gud wan Fɔ Chen@ yu kɔmpin dɛn, if nid de, kin gɛt fayn impak pan yu layf

* e yu disayd fɔ Chen@ fɔ bɛtɛ, mɛmba se gud kɔmpin ɛn gud tin dɛn we yu de du rili impɔtant ɛn i impɔtant fɔ mek yu ebul fɔ du wetin yu want !i tin dɛn we di en:ayrɔmɛnt gɛtKgud ɔ badKi strɔng pas di pawa we yu want, so mɛmba dis we yu de dil wit ɔda pipul dɛn

Fɔ analayE yusɛf impɔtant bak fɔ mek yu ebul fɔ ɔndastand yusɛf ,f yu ebul fɔ analayE yusɛf wit maynd ɛn nɔ fred, yu go ebul fɔ bia wit di analisis we ɔda pipul dɛn de du ɛn di we aw dɛn de kɔrɛkt yu nɔ go afɛkt yu

! i wan dɛn we de tink bɔt ɔda pipul dɛn fɔlt na pipul dɛn we de it animal dɛn ! i wɔl ful/ɔp wit bad, so pɔsin nɔ fɔ tɔk bad, ɔ tink bad, ɔ du bad Bifo dat, pɔsin nɔ fɔ tan lɛk ros, we de spre di sɛnt fɔ gud, klin intenshɔn, ɛn fɔ lɛk brɔda $ɛ pipul dɛn fl se yu na tru tru padiK bilda, nɔto pɔsin we de pwɛl ,f yu want fɔ bɛtɛ pas yu, analyEe yusɛf ɛn kulti:at di fayn fayn kwaliti dɛn we de insay * an kayn sol de tɔk mɔ bɔt in ɔna pas wɔd, bikɔs i de pul wan spɛshal :aybreshɔn we ɔda pipul dɛn kin fl ɛn ɔndastand we nɔ gɛt mistek ink bɔt layt, ɛn daknɛs go dɔn +tɔdi, tink, ɛn du wetin yu ebul fɔ ɛp ɔda pipul dɛn ɛn pul di lod fɔ wɔri, pen, fred, ɛn in@ɔstis frɔm dɛn sholda

Bɔku pipul dɛn de waka waka we nɔ gɛt aim na layf, we nɔ gɛt klia gol ! ifayn yu purpose ɛn wok fɔ riCh am +ɛt asay tɛm fɔ introspekshɔn ɛn pray:et prea Bɔku tin dɛn de we de mek pɔsin inspɛkt wi de wet fɔ mek pipul dɛn no bɔt am, bɔt stil bɔku tɛm wi de west wi tɛm ɛn trɛnk pan tin dɛn we nɔ impɔtant >ladi at nɔ go kam pas wi pe atɛnshɔn pan di sɛns we big big pipul dɛn gɛt ɛn dɛn layt de gayd wi ! ɛn aidia dɛn de na ɔda spiritual buk dɛn ɛn raytin fɔ ɛp ɛn gayd wi

, fayn fɔ ɛn@ɔy di gladi at na layf, bɔt no ɔda tin nɔ de fɔ tek ples fɔ insay layf ɛn fɔ tink bɔt yusɛf, bikɔs gladi at de pan fɔ tink gud wan ɛn fɔ no big big maynd dɛn tru dɛn aydia dɛn we dɛn dɔn kip na buk, @ɔs lɛk aw i dipen bak fɔ rawnd yusɛf wit gud ɛn nobul pipul dɛn

Fɔ de yu wan kin fayn fɔ di wan dɛn we lɛk fɔ tink gud wan, bɔt dat nɔ min fɔ distans yusɛf frɔm pipul dɛn ɔ fɔ ayd yusɛf * e yu want fɔ de wit ɔda pipul dɛn, du am wit ɔl yu at, wit ɔl yu lɔ: ɛn padi biEnɛs, so dat

yu padi dɛn go gɛt kɔmfɔt na yu fes ɛn ɔltɛm we yu de luk fɔ si yu ɛn ɛn@ɔy yu gud kɔmpin

Pis de fɔ una

*7 , * +

3 , " *7 7 * + (

A go insay di ɛmita@ ɛn wit prawd gi mi tiCha, +irri Yuktsuwar, wan baskɛt we gɛt :ɛ@itebul, ɛn se1

7 ! is na gift fɔ yu, saF ! ɛn siks big kɔliAawa ya a plant wit mi yon an ɛn kia fɔ ɔl di tɛm we dɛn de gro wit di tɛnda we mama gɛt fɔ in bebi pikin72

+ri Yuktiswar ansa wit wan grateful smayl, 7 ɛnki ! uya kip am na yu rumN a go nid am tumara fɔ wan spɛshal dina72

A bin @ɔs kam na di siti na Puri fɔ spɛn di sɔma ɔlide na mi tiCha in kɔstal ɛmita@ ! is tu stori, gladi gladi ritrit de luk oba di Bay of Bengal ɛn na di tiCha bin bil am wit di ɛp we in disaypul dɛn bin ɛp mi

A wek ali di nɛks mɔnin, di briE we de blo na di si we gɛt sɔl ɛn di kol at we de na di ɛmti ples bin mek a f l fayn a yɛri di tiCha de kɔl mi wit in fayn fayn :ɔys, so a luk di kɔliAawa dɛn, we ful/ɔp wit lɔ: ɛn lɔ:, dɔn a tek tɛm aren@ dɛn ɔnda mi bed

! i tiCha se, 7$ɛ wi go na di biCh7 , waka bifo, ɛn a fala am wit wan grup we na yɔJ studɛnt dɛn ! i tiCha luk wi wit kɔs ɛn se1

7 ! uya una waka insay tu row, kip una stɛp dɛn in sink wit dɛnsɛf72

! ɔn i bin de Chɛk wi as wi de obe am ɛn bigin fɔ tɔk sɔntin we gɛt fɔ du wit1

D bɔy pikin dɛn, una strɔng ɛn maCh insay ɔda rank dɛnF

A bin rili kɔle di we aw di tiCha bin ebul fɔ kip di fayn fayn stɛp dɛn we in yɔJ studɛnt dɛn bin de du

! i tiCha luk mi na mi yay ɛn se, 7+tɔpF Yu dɔn lɔk di bak domɔt na di ɛmitaG7

A ansa se, 7A tink so, sa72

+eri Yuktsuwar nɔ tɔk natin fɔ sɔm minit, wan smɔl, we i bin lɛf smɔl fɔ lɛ i stɔp fɔ smayl bin de ple na in lip, dɔn i bin dɔn tɔk se1

7Nɔ, a bin fɔgɛt se dɛn nɔ fɔ yuE Dli mɛditeishɔn as ɛkskyuE fɔ neglek fɔ du bɔdi it72

A bin tink se i de @ok, bɔt i ad se1 7Yu siks kɔliAawa go soon bi fay :72

* i bin kam bak lɛk aw di tiCha bin tɛl wi, ɛn we wi kam nia di say usay dɛn de du di ritual i se1

7 * et smɔl $uk, " ukunda HParamhansaI, na yu lɛft krɔs di kɔt we de go na di rod +ɔmbɔdi go kam de shɔt tɛm ɛn na in go bi di kɔE fɔ yu pɔnishmɛnt72

A ayd mi anɔynt pan dɛn :ayg wɔd ya * antɛm wantɛm, a si wan :ile@ man na di rod de dans stren@ ɛn de mek sayn wit in an dɛn we nɔ gɛt sɛns a bin nia fɔ bit mumu wit want fɔ no mɔ ɛn a bin de luk gud gud wan pan di tin we a bin de si we rili ridikul <ɔs lɛk aw di man bin de kam fɔ lɔs na wi yay, +ri Yuktswar se, 7Naw i go kam bak72

! i :ile@ man Chen@ in kɔs wantɛm wantɛm ɛn go na di bak pat na di ɛmita@ Afta i krɔs wan san san rod, i go insay di bildin tru di bak domɔt, we a nɔ bin dɔn lɔk, @ɔs lɛk aw mi tiCha bin dɔn tɛl mi +ɔm tɛm afta dat, i kɔmɔt na do ɛn kɛr wan pan mi prɛsayE kɔliAawa dɛn, in prayE bin klia as i de waka wit wan ays we gɛt rɛspɛkt ɛn rɛspɛkt

! is kɔmik sCene, we a apia as di :iktim, nɔ bin stɔp mi fɔ gi Chase to di tifman, we a bin de rɔnata wit furious spid we a bin @ɔs riCh di af/af we +ri Yuktiswar kɔl mi, shek wit laf frɔm ed to fut, ɛn aks mi fɔ kam bak Bitwin bursts of mirth, i ɛksplen1

7 ! at po man bin de kray fɔ kɔliAawa +o a bin tink se i nɔ go at fɔ am fɔ gɛt wan pan yu kɔliAawa we yu nɔ mentenɛt faynF7

A rɔsh go na mi rum ɛn kam fɔ no se di tifman na pɔsin we lɛk :ɛ@itebul, bikɔs i nɔ bin tɔCh mi gold ring dɛn, mi waCh, ɔ mi mɔni, we ɔl skata pan di blankit Bifo dat, i bin dɔn krep ɔnda di bed to di baskɛt we ayd we gɛt kɔliAawa, we de fulfl wetin in at want

! a i:intɛm de a aks +ri Yuktwar fɔ ɛksplen to mi da tin de we apin, we nɔ bin de witout sɔm tin dɛn we bin de mek a kɔnfyus ! i tiCha shek in ed smɔl smɔl, ɛn se1

7Yu go ɔndastand se wan de +ayns go soon diskɔba bɔku lɔ dɛn we wi nɔ no72

Afta sɔm ia, we di wɔndaful tin dɛn we redio de du bin kam wantɛm wantɛm pan wan wɔl we bin de fred, dɛn mɛmba di tiCha in prɔfɛsi ! i ol aidia dɛn bɔt spɛs ɛn tɛm bin dɔn lɔs sote go, bikɔs naw nɔto wan os de, ilɛksɛf i smɔl, we di bɔku bɔku redio Hɛn sataylaytI

Chanɛl dɛn we de ɔlsay na di wɔl nɔ ebul fɔ riCh ,:in di maynd dɛn we nɔ klia pas ɔl dɔn opin ɛn dɛn dɔn bɔku bifo di pruf we nɔ pɔsibul fɔ se na wan pan mɔtalman in yon difayn kSntribyushSn dRm1 di tStal we di ɛgEistens de

Yu kin ɔndastand di kɔmik stori bɔt di kɔliAawa bay we yu kɔmpia am to redio "i tiCha na bin kɔmplit transmita ɛn risi:a in dɛn we pɔsin kin tink bɔt nɔto natin pas subtil, ethereal :ibrations <ɔs lɛk aw sɛnsiti: redio kin pik wan patikyula program frɔm bɔku bɔku pipul dɛn we dɛn kin brodkas ɔlsay, na so bak +ri Yuktiswar bin gri fɔ tek wan tinkKdi tink bɔt di fulman we bin de tink bɔt kɔliAawaKfrɔm di bɔku bɔku mɔtalman tinkin dɛn we dɛn de brodkas na dis wɔl As wi de waka go na di biCh, di tiCha si di simpul :ile@ man in want ɛn wantɛm wantɛm i akt fɔ fulfl am "i tiCha in oli yay si di man de dans bifo di studɛnt dɛn du "i fɔgɛt fɔ lɔk di ɛmita@ domɔt gi di tiCha wan fayn ɛkskyuE fɔ pul mi wan pan mi plant dɛn we a lɛk +o, +ri Yuktiswar, we dɔn akt lɛk a reCei:er, also aCted as a transmitter ,nsay dis rol, di tiCha bin ebul fɔ gayd di :ile@ man fɔ ri:ɛns in stɛp ɛn go na wan patikyula rum fɔ gɛt wan singl kɔliAawa

,nsayt na gayd fɔ di sol ɛn i kin rili sho insɛf pan pɔsin di tɛm we i gɛt kol at)lose to ɔlman dɔn ɛkspiriɛns wan insay intuition we nɔ ebul fɔ ɛksplen ɔ i dɔn ebul fɔ tɛl ɔda pɔsin wetin i de tink fayn fayn wan

"ɔtalman maynd we nɔ gɛt di tin dɛn we de ambɔg am we i de wɔri, gɛt di kapasiti fɔ du ɔl di kɔmpleks wok dɛn we redio de du1 fɔ transmit ɛn gɛt tin dɛn we i de tink bɔt, ɛn fɔ flta di tin dɛn we i nɔ want <ɔs lɛk aw di pawa we redio steshɔn gɛt fɔ transmit di tin dɛn we i de yuE, na so di pawa we

mɔtalman maynd gɛt, lɛk redio, de dipen pan di pawa we ɛnibɔdi gɛt fɔ du

#l di tin dɛn we pɔsin kin tink bɔt kin kɔntinyu fɔ de drɛf sote go na di yuni:as ru dip kɔnsɛntreshɔn, tiCha we gɛt sɛns kin keCh ɛn rid di tin dɛn we ɛnibɔdi de tink bɔt, we de alay: ɔ we dɔn day in dɛn we pɔsin kin tink bɔt, kɔmɔt frɔm wan ol wɔl, nɔto wan pɔsin, !ɛn nɔ kin ebul fɔ mek tru bɔt dɛn kin fɛn am $ay lay tin dɛn we pɔsin kin tink bɔtKsmɔl ɔ bigKde kɔmɔt frɔm di kayn we aw pɔsin nɔ ebul fɔ no wetin i want !i gol fɔ yoga na fɔ mek di maynd kwayɛt so dat i go yɛri di pɔsin we nɔ de tink gayd di :ɔys we de insay, we nɔ de Chen@ ɔ kɔnfyus

(edio ɛn tɛli:ishɔn bin briJ di :ɔys ɛn pikChɔ dɛn fɔ ɔda pipul dɛn we de fa wan tɛm insay bɔku bɔku pipul dɛn os !is na bin di fɔs sayɛns we sho se mɔtalman na spirit we de ɔlsay na di wɔl Pan ɔl we blaynd sɔb@ɛkti:iti de tray bay ɔl we fɔ rul ɛn tek di men tin we mɔtalman de du, i nɔto bɔdi we dɛn kɔnfyus to wan patikyula pɔynt na di spes, bɔt na spirit we de ɔlsay na di wɔl

* e i kam pan dis, Ohals (ɔbɔt (iChɛt, we dɔn win di Nɔbɔl prayE pan Fisiɔlɔ@i, bin rayt dɛn tin ya1

7, rili stren@ ɛn wɔndaful se tin dɛn we nɔ pɔsibul fɔ du na di wɔl stil de apin * e dɛn dɔn establish, dɛn nɔ go mek wi sɔprayE pas aw sayɛns bin du am insay di las sɛntiwɔd !ɛn tink se di tin dɛn we wi de aksept wantɛm wantɛm naw nɔ de mek wi sɔprayE igen bikɔs dɛn dɔn ɔndastand am Bɔt dis nɔ de apin ,f dɛn nɔ de mek wi sɔprayE igen, nɔto bikɔs wi ɔndastand dɛn, bɔt na bikɔs dɛn dɔn kam fɔ no if wi fɔ mek ɔltin sɔprayE27 wi nɔ go ɔndastand, den wi fɔ sɔprayE wit ɔltin1 bay wan ston we dɛn trowe na di ays, bay wan akɔn we de

gro to big ɔk tik, bay we mɛkkyuri de bɔku we dɛn wam am, ɛn we ayɛn we magnet atrak72

7+ayns tide nɔ kɔmplikt igen !i wɔndaful ɛn nɔ ɛkspɛkt fakt dɛm we wi pikin dɛm go deduCe dɔn de nia wi naw ɛn de luk wi, so fɔ se, pan ɔl we wi nɔ de si dɛm Bɔt i nɔ inof fɔ se wi nɔ de si dɛm1 wi nɔ want fɔ si dɛm, bikɔs as soon as wan fakt we wi nɔ ɛkspɛkt ɛn we wi nɔ sabi apia, wi de tray fɔ put am insay di @enɛral freym fɔ aksepted no, ɛn wi de gɛt27 angri if enibodi dea foh eOperiment afta datF7

+os1 Yogi in !ayari1 !i #tobayograf

A bin si yu de ayd

A bin de luk wan Aawa ɛn pre, ɛn wantɛm wantɛm a si yu, D !i:ayn +pirit, we ayd insay am , bin de pul di sɛnt we de na yu preEɛns, in peta dɛn bin tint wit yu rosy inosɛns, ɛn in at bin de shayn wit di gold fɔ yu sɛns

-n a si yu pawa we de kɔba ɔltin de sɔpɔt in slɛnd stem ɛn in lush grin lif dɛn As fɔ di mistɛri dɛm fɔ layf ɛn sote go, a si dɛn de slip na di pɔlin dɔst, ɛn yu tɔCh we nɔ gɛt ɛnd inspɛkt di bi ɛn inAam in brɔst, so i bigin fɔ sip yu swit

>i mi no bɔt di wɔndaful tin dɛn we Yu mek ɛn sho mi Yu sikrit dɛn we nɔ gɛt ɛnd, we ayd i:in insay di smɔl smɔl gras dɛn we de gro nia di rod

* ispa frɔm di tɛm we go de sote go
7 (37 + * - -
, nɔ iEi fɔ difayn temperamɛnt, bɔt wi no wetin i bi * e yu de na stet we yu de agyu ɛn :ɛks, yu bihay:ya nɔr nɔmal, ɛn yu nɔto di pɔsin we yu fɔ bi As a riEulta, yu kin fl pwɛl hat ɛn pul yusɛf kɔmɔt ɛn wetin kin bi

mɔ ful pas fɔ mek pɔsin mek insɛf nɔ gladi tru in akshɔn ɛn riakshɔnG

Nɔbɔdi nɔ lɛk misɛf Yu nɔ tink se pɔsin fɔ analays insɛf di nɛks tɛm we i de na dak atG ,f dɛn du dat, dɛn go si se dɛn de mek dɛnsɛf misɛf bay dɛnsɛf * e dɛn de na dis kayn bad bad tin, ɔda pipul dɛn we de arawnd dɛn kin no se dɛn de fl bad ɛn a:ɔyd dɛn kɔmpin

-nisay we pɔsin go, dɛn kin tɔk bɔku tin dɛn we nɔ gɛt wɔd, bikɔs dɛn ɔl di we aw dɛn de fl kin sho na dɛn yay, ɛn ɛnibɔdi we luk dɛn kin fl di bad we aw dɛn de fl we dɛn de si di dak, bad bad flin dɛn we de sho na dɛn yay, dɛn kin drɛb ɔda pipul dɛn, dɛn kin lɛk fɔ distans dɛnsɛf frɔm dɛn :aybreshɔn dɛn de we nɔ kin setul, Fɔs, dɛn fɔ drɛb :ɛks na di miro na di maynd bifo i sho na di yay fɔ dɔn ɛras am

,nsay dis wɔl, mɔtalman de li: na glas os, i de nia ɔda pipul dɛn, i nɔ ebul fɔ mek lɛk se i de mek lɛk se i de mek lɛk se i de mek lɛk se i de +o, i fɔ li: in layf lɛk aw i fɔ li: * etin mek i nɔ fɔ du tin di we we go mek pipul dɛn rɛspɛkt am ɛn admaya amG * etin mek yu nɔ si di bigman dɛn na in yay ɛn di gladi at we de na in fesG #l di gud kwaliti ɛn gud kwaliti dɛn we pɔsin gɛt kin ayd insay, ɔnda wan layt we gɛt daknɛs ɛn sɔfa

Nɔto @ɔs ɔda pipul dɛn kin notis in bihay:ya, bɔt i kin waCh dɛn yon Bikos i kin lɛk fɔ kɔmpia insɛf to ɔda pipul dɛn as a riEulta fɔ waCh di wan dɛn we de rawnd am ɔltɛm, i kin fɔdɔm pan saykilɔ@ik we i nɔ kin gladi # i kin gɛt prɔblɛm ɛn trɔbul wit di prɔblɛm dɛn we i de gɛt we de go bifo na dis wɔl emperament is often a result of en:ironmental inAuenCes -ni wan pan wi kin afɛkt di wɔl we de arawnd wi difrɛn we dɛn Bɔt wi nɔ fɔ alaw wisɛf fɔ sɔkdɔm pan pwɛl hat bikɔs ɔf ɔda tin dɛn we de apin na do -n wetin mek wi fɔ bia di lod fɔ di prɔblɛm dɛn we de ambɔg wi we de arawnd wiG

+ɔm pipul dɛn kin yuE fɔ sho bad bad flin fɔ a:ɔyd fɔ kɔfrɛnt prɔblɛm ɔ sityueshɔn Bɔt dɛn bad bad tin ya nɔto fɔ rɔnawe ɔ fɔ fl sef Net Na nɔmal tin fɔ lɛ yu sɔri ɛn fl bad fɔ sɔm tɛm wan wan tɛm, bɔt dɛn nɔ fɔ alaw dɛn flin ya fɔ kɔntrol yu

- :ri pɔsin in pasɔnaliti trayt gɛt wan patikyula ɔndalayn kɔE Fɔ pul wan trayt, dɛn fɔ adrɛs in kɔE , impɔtant fɔ stɔp ɛn tink bɔt am ɛ:ride, fɔ Chɛk wetin yu de tink ɛn wetin de mek yu want fɔ ɔndastand yu pɔsin ɛn lan di rayt we fɔ dil wit ɛn kɔrɛkt am if i bad Yu kin si yusɛf na stet we nɔ bisin bɔt am, we yu nɔ want fɔ tink bɔt ɛni ad:ays frɔm ɔda pipul dɛn ,nsay dis sityueshɔn, i rili impɔtant fɔ mek yu tray tranga wan fɔ kulti:at gud ɛn ɛn@ɔymɛnt ɛkspiriɛns dɛn ek tɛm wit nɔ bisin, we de ambɔg di prɔgrɛs ɛn paralayE di wil pawa

pɔsin kin fl bad ɛn in at kin pwɛl bikɔs i sik, i kin bili: se i nɔ ebul fɔ gɛt in wɛlbɔdi bak ,nsay dis kes, dɛn fɔ yuE di prinsipul dɛn fɔ li: wɛlbɔdi layf fɔ mek i gɛt wɛlbɔdi ɛn prodakti: layf we de bays pan gud abit ɛn ɛtikul fawndeshɔn !ɔn bak, pɔsin fɔ tɔn to >ɔd #lmayti fɔ pre fɔ mek i gɛt mɔ fet pan ,n pawa fɔ mɛn pipul dɛn

,f pɔsin dɔn bili: insɛf se i nɔ ebul fɔ du ɛnitin ɛn i nɔ ebul fɔ du ɛnitin, dat min se dɛn fɔ analays di prɔblɛm ɛn mek dɛn no klia wan if i dɔn tray tranga wan

>ɔd de mane@ di wan ol yuni:as, te to di smɔl smɔl ɛn smɔl smɔl tin dɛn, ɛn dɛn mek mɔtalman lɛk aw i tan +o, wi nɔ go ebul fɔ mek ɛkskyuE ɔ @ɔstis fɔ lɛ wi nɔ ebul fɔ du sɔntin Nɔ fred fɔ wok, ilɛksɛf i at fɔ wok, bikɔs wok de 7trɛng7 di bɔdi ɛn nɔ de du ɛnibɔdi bad Bɔt, pɔsin fɔ lan fɔ wok ɛn tink wit kol at * e una ɔl tu gɛt trɛnk ɛn kol, yu kin ebul fɔ du wetin yu want, bikɔs yu maynd na klia

Apat frɔm we dɛn nɔ de put di tray we dɛn nid fɔ mek dɛn gɛt sakrifays, bɔku pipul dɛn nɔ kin gɛt maynd bak !ɛn kin spɛn bɔku tɛm fɔ nɔ tink +ɔm kin tink bɔt dis rɛst ɛn rilaks Bɔt insay tru tru rilaks, di maynd kin aktif ɛn kol ,nsay dɛn kwayɛt tɛm dɛn de, pɔsin kin tink bɔt >ɔd, wan fayn we fɔ si tin, ɔ wan ɛkspiriɛns we kin mek pɔsin gladi PoEiti:, kol at wok kin mek pɔsin fl fayn ɛn gɛt trɛnk Yet, bɔku pipul dɛn kin kɔnfyus kriyayti: ɛfɔt wit strɛs ɛn wok na tɛns, ner:ɔs stet

)rio tinkin na di bɛst antidote to unhealthy temperaments !ɛn temperaments ya kin tek hold pan kɔnshɛns we pɔsin de na negatif ɔ agitated stet *e di maynd nɔ gɛt gud tin fɔ tink, in ɔna kin gɛt pwɛl hat ɛn lod wit wɔri -n wit dipreshɔn ɛn wɔri kin kam di dɛbul, we kin tek rɛsidɛns insay da pɔsin de tink ɛn sho kɔmplit kɔntrol pan di ɔsF

+o, mi padi, wok fɔ di:ɛlɔp kriyayti: aydia *e yu nɔ de du fyEikal wok, du sɔntin kriet na yu maynd)ip am ɔkupe so dat tɛm nɔ go lɛf fɔ de pan strɛs ɛn wɔri

)rio tinkin na tin we de mek pɔsin sɔprayE ɛn wɔndaful, lɛk fɔ li: na ɔda wɔl #lman fɔ kɔlti: dis abiliti A nɔ kin tink tru wan wɔd pan mi lekChɔ dɛnKɛn dis na wan pan dɛnKbifo a deli: dɛn Bɔt as a de go insay di tɔpik so, mi sol kin bigin fɔ tɔk to mi bɔt wɔndaful tin dɛn *e yu tink kriyayti: wan, yu nɔ kin fl di bɔdi ɔ trɔbul imɔshɔn dɛn, bikɔs insay dɛn tɛm dɛn de we yu de insay fɔ gri wit di spirit we >ɔd de gi

*i intɛli@ɛns de shep bay di ime@ fɔ di di:ayn, kriyayti: intɛli@ɛns tru we ɔltin pɔsibul ,f wi nɔ li: insay da ɔwe, wi kin bi wan bɔndɛl ɔf kɔmpleks kwaliti dɛn ru fayn, kriyayti: tinkin, wi kin win dɛn trayt dɛn de !ɔn bak, tru kriyayti: tinkin, wi kin fɛn ansa ɛn sɔl:ishɔn to ɔl wi yon kwɛstyɔn dɛn ɛn di kwɛstyɔn ɛn prɔblɛm dɛn we ɔda pipul dɛn gɛt

Bad wamat tan lɛk kansa, we de gnaw away at inner peaCe ! is na di riEin we mek di wan dɛn we gɛt harsh temper nɔ kin ebul fɔ rɔnawe pan dɛn prɔblɛm ɛn trɔbul

, nɔ mata aw pɔsin in sikɔstɛms bad, i nɔ fɔ sɔkdɔm to pwɛl at ! ɛn kin win na dɛn tink * e pɔsin we gɛt :olatile temper fail, i kin trowe in an ɔp ɛn admit se dɛn dɔn win Bɔt di wan we de kip dɛn maynd nɔ brok na in na di tru tru win na di fɛt na layf, i:in if di wɔl we de rawnd dɛn de rɔsh lɛk :olkeno

Yu tink se pɔsin want fɔ mek dɛn put am na @el ɔ i want fɔ fri amG * e dɛn de stɔp dɛnsɛf tumɔs tayt wit dɛn at, dɛn nɔ kin ebul fɔ kɔntinyu fɔ gɛt prɔblɛm dɛn we de mit dɛn na layf * ans dɛn alaw di bad we aw dɛn de fl fɔ klawd dɛn maynd, dɛn wil pawa kin wik ɛn dɛn kin disayd fɔ du sɔntin kin stɔp ! i we aw dɛn kin du tin kin kɔba di bren insay fɔg we gɛt kɔnfyushɔn ɛn kɔnfyus, we kin mek dɛn nɔ ebul fɔ @ɔ@ fayn ɛn mek ɔl di tray we dɛn de tray fɔ du na fɔ natin

* an kin win dɛn wamat, ilɛksɛf i tan lɛk se i harsh ɛn nɔ fayn Fɔs, dɛn fɔ disayd se dɛn nɔ go gɛt sɔri/at ɛn grɔmbul igen -n if wan mud swing apin pan ɔl we dɛn dɔn mekɔp dɛn maynd, dɛn fɔ analayE am fɔ ɔndastand aw i krep insay ɛn du sɔntin we go ɛp dɛn bɔt am

! ɔn bak, nɔ fɔ du natin we wi nɔ tek tɛm, bɔt wi fɔ tek tɛm ɛn dip maynd fɔs * i fɔ du tin dɛn we wi de mek bikɔs >ɔd dɔn gi wi pɔtnɛshɛl we nɔ gɛt limit %s @ɔstis de fɔ sɔrɛnda to saykilɔ@ik fayl bay we wi de tink bɔt tin dɛn we de mek wi wik ɛn we nɔ gɛt wɛlbɔdiG * an fɔ fri insɛf frɔm distrokti: saykolo@ik stet dɛm we de akt lɛk brek pan di wil dɛm fɔ tru prɔgrɛs ,f di wil dɛn fri frɔm di klat brek dɛm, mu:mɛnt ɛn prɔgrɛs nɔ pɔsibul " ɛmba yusɛf ɛ:ri mɔnin se >ɔd de wit yu, ɛn ɛnitin we yu gɛt prɔblɛm, yu gɛt di pawa fɔ win dɛn Yu

na di rayt ɛri fɔ di pawa dɛm fɔ di +uprim +pirit, ɛn dat mek, yu strɔng pas di tin dɛn we de apin ɛn we pas di tin dɛn we apin

Bɔy we gɛt sɛns ɛn we gɛt sɛns nɔ kin ɛn@ɔy fɔ sɔl: prɔblɛm dɛn we iEi fɔ amN he relishes the di a Cult ones Bɔt bɔku pipul dɛn kin fred wit layf in Chalen@ dɛn A nɔ ɛ:a fred dɛn, bikɔs a dɔn de pre ɔltɛm se, 7 " i >ɔd, inkrisayE Yu trɛnk insay mi)ip mi na gud maynd so dat, wit Yu ɛp, a go ebul fɔ win mi prɔblɛm dɛn ɔltɛm72

ink kɔnstrɔkti: wan bɔt prɔblɛm te yu nɔ ebul fɔ tink igen * e a de dil wit prɔblɛm, a kin go fa fawe fɔ kɔba ɔl di stɛp dɛn we pɔsin kin du fɔ sɔl: am, te a kin tɔk ɔnɛs ɛn wit ɔl mi at se1 7A dɔn du mi bɛst ɛn dis na ɔl wetin a ebul fɔ du7 !ɔn a kin fɔgɛt bɔt di prɔblɛm

Pɔsin we de tink bɔt prɔblɛm kin :ɛks ɛn :ɛks iEi wan A:ɔyd dis * e prɔblɛm kam, instead fɔ pe atɛnshɔn pan am, tink bɔt ɔl di we dɛn we yu go ebul fɔ sɔl: am ,f yu si se yu nɔ ebul fɔ tink klia wan, kɔmpia yu wɔri to di sem kayn prɔblɛm dɛn we ɔda pipul dɛn de gɛt ɛn lan frɔm dɛn ɛkspiriɛns fɔ no di rod dɛn we go mek yu nɔ ebul fɔ du sɔntin ɛn di wan dɛn we go mek yu gɛt sakrifays Pik di step dɛn we i tan lɛk se i rili mek sɛns ɛn we rili rial, ɛn kɔmit fɔ du am dɛn !i ɔl laybri na di yuni:as de insay yu #l wetin yu want fɔ no dɔn ɔlrɛdi de Fɔ sho dis, yu @ɔs nid fɔ tink gud wan ɛn fɔ mek nyu tin dɛn

* an harsh temper de dull understanding and harden feelings, mek am impotant for a person to get along with others Ds layf fɔ bi sanCtuary, bɔt harsh tempers de tɔn am to tragiC hell " an de kam na os fɔ fɛn in wɛf in wan depressed mood, mek i nɔ pɔsibul fɔ kɔmyunikeshɔn wit am # i kin kam bak wit wan foul mood, mek i nɔ pɔsibul fɔ riEin wit am " any troubles befall people bikɔs ɔf harsh tempers * e yu famili mɛmba de sit wit :ɛks ɔ nɔ bisin, yu kin afɛkt in

wamat wantɛm wantɛm # sɔntɛm yu go go fɛn pɔsin we ful/ɔp wit gladi at, na fɔ si se i de agyu ɛn i de mek yu fl bad, wantɛm wantɛm i tɔn yu gladi at to kray wata ɛn mek yu want fɔ tɔn bak pan yu kayn we Nɔ mek ɔda pipul dɛn :ɛks bad yu

, iEi fɔ fɛn re:aJg, bɔt fɔ gi lɔ: na di bɛst we fɔ mek ɔda pipul dɛn :ɛks ɛn a:ɔyd dɛn bad !at lɔ: fɔ klin, bikɔs we i kɔmɔt na di at, i kin gɛt ma@ik ɛfɛkt

* i nɔ fɔ tink bɔt di bad tin dɛn we go apin to wi, i:in if wi lɔ: mit wit indipɛndɛns $ɔ: strɔng pas et, ɛn di ifɛkt we i de du gɛt pawa ɛn i de mek wi sɔprayE

Yu no se wan fayn fayn gadin de insay yu solG

* an wɔndaful gadin we gɛt tin dɛn fɔ tink bɔt, we gɛt sɛnt wit lɔ:, gudnɛs, ɔndastandin, ɛn pisKwan gadin we in fayn fayn ɛn gladi at pas ɔl di Aawa dɛn we de na dis wɔl ɛn ɔyl dɛn we gɛt sɛnt Yu de mek wan Aawa we gɛt sɛnt ɛnitɛm we pɔsin nɔ ɔndastand yu we yu :ɛks, ɛn yu de gi lɔ: ɔltɛm Yu tink se di sɛnt fɔ da lɔ: ɛn ɔndastandin de de te ɛn klin pas ɛni natura rosG +o, mɛmba ɔltɛm se yu maynd na gadin, ɛn kip am fayn ɛn gɛt sɛnt wit klin, oli tin dɛn Nɔ alaw am fɔ bi dɔti swamp we ful/ɔp wit di bad bad kwaliti dɛn we de sho se yu et ,f yu plant Aawa dɛn we gɛt pis ɛn lɔ:, we ful/ ɔp wit sɛnt we kɔmɔt na ɛ:in, di bi we gɛt spiritual awareness go drɔ to yu gadin <ɔs lɛk aw di bi de luk fɔ Aawa dɛn nɔmɔ we de pul di swit pas ɔl ɔni, so bak >ɔd go kam fɛn yu we yu layf ful/ɔp wit swit, rosy tinkin (isol: se yu nɔ go alaw di bad, putrid gras dɛm fɔ bad ɛn :ɛks fɔ gro na di gadin fɔ yu gud spiritual kwaliti dɛm !i mɔ yu de kɔlti: di oli kwaliti dɛm we tan lɛk Aawa dɛm we de blo, na di mɔ >ɔd go sho in oli preEɛns insay yu

,stan sɛns tɛks dɛn se di pɔsin we kol ɛn kɔmpɔE pan padi ɛn ɛnimi in fes, we nɔ afɛkt di tu we aw wam ɛn kol, gladi ɛn pen, rili dia to >ɔd Bay we i de gi lɔ:

ɔltɛm to di wan dɛn we gɛt harsh ɛn kruk nature, pis to di wan dɛn we de sɔfa wit fred ɛn we de lod wit wɔri, swit to di wan dɛn we gɛt bita :ɛks, gladi to di wan dɛn we gɛt lod wit misɛf ɛn pwɛl at, ɛn bay we yu sɛt ɛgEampul fɔ di wan dɛn we de kɔmɔt na di rod fɔ mistek ɛn sin, yu de win di bad abit dɛn bay we yu de mek yu maynd de du tin dɛn we go bɛnift yu ɛn we yu de mek tin dɛn

Bɔku tɛm a kin se, 7,f yu rid fɔ wan awa, rayt fɔ tu awaN if yu rayt fɔ tu awa, tink fɔ tri awaN if yu tink fɔ tri awa, tink gud wan ɔltɛm72

>ɔd na di sɔs we ɔl gladi/at, ɛn i pɔsibul fɔ riCh to am na wi ɛ:ride layf Bɔt bɔku tɛm mɔtalman kin okyupa insɛf wit tin dɛn we de mek wi nɔ gɛt gladi at "editashɔn na di bɛst we fɔ pul bad abit dɛn ɛn li: na wan wɔndaful wɔlKwan wɔl lɛk di wan we big sɛ@ bin no we i se, LD "asta, a bin de siJ Yu blɛsin nem ɛn a lɔs misɛf insay Yu *e a kam bak to dis awareness, A fain se a dɔn lɛf mi ol bɔdi fɔ fɛn misɛf insay nyu bɔdi we Yu gi miF7

*an sem kayn stori de na ,ndia bɔt wan ɔda sent *an yɔJ man bin @ɔs day ɛn dɛn bin de kɛr in bɔdi go na di faya As di pipul dɛn we de kray bin de kam fɔ layt di faya, wan ol man kam wantɛm wantɛm, i rɔn ɛn ala se, 7+tɔpF Nɔ layt di fayaF A go yuE da bɔdi deF7 As i tɔk dɛn wɔd ya so, di ol man in bɔdi fɔdɔm na grɔn day, we di yɔJ man grap frɔm di bɔku bɔku faya ɛn rɔsh go na di fɔrɛst !i ol man na bin big sent ɛn i nɔ bin want fɔ ambɔg in wɔship bay we i go bak to layf insay di bɔdi we nɔ gɛt layf fɔ pikin we dɛn @ɔs bɔn, so i disayd fɔ yuE di yɔJ man in bɔdi fɔ kɔntinyu fɔ du in spiritual tin dɛn

Bɔku wɔndaful tin dɛn de bɔt layf ɛn day we de wet fɔ mek dɛn fɛn am "editashɔn na di we aw *i fɔ li: insay wanwɔd wit wi di:ayn nature ɛn fɔ gri wit

>ɔd !ay de mek mɔtalman fred bikɔs i dɔn mek >ɔd nɔ de na wi layf

#l tin we de mek wi fl pen de ful wi wit fred ɛn fred bikɔs wi lɛk di wɔl we wi nɔ ɔndastand wetin i min ɛn wetin i want Bɔt we wi si >ɔd pan ɔltin, fred kin dɔnawe * i kin 7bɔn7 ɔltɛm na layf ɛn na day bak Fɔ tru, day na misnomer bikɔs notin nɔ de we dɛn kɔl day * e layf taya, wi kin shed di tik klos we gɛt bɔdi ɛn go bak na di wɔl we ɔmbul, we gɛt ɛti

!ay min ɛnd * an kariɔ we gɛt brok pat na day kariɔt bikɔs i dɔn riCh in ɛnd Bɔt di sol we nɔ de day nɔ kin ebul fɔ day -:ri nɛt, we wi de slip, di sol de li: na di ɛtɛrik bɔdi, nɔ no bɔt di bɔdi we wi gɛt ,f di lɔs pan di bɔdi kɔnshɛns min day, di sol go day we wi de slip Bɔt wi nɔ de day we wi de slip, ɛn wi nɔ de lɔs kɔnshɛns ɔltogɛda, bikɔs upon we wi wek, wi kin mɛmba if wi slip bin gɛt pis ɔ wi nɔ bin de fl fayn +emweso, wi nɔ kin day afta wi dɔn day

!i wan dɛn we de alaw dɛn maynd fɔ rigid dɔn rili day Fɔ sɔl: di sikrit na layf, yu fɔ bɔn bak ɛ:ride !is min se yu fɔ tray ɛ:ride fɔ impɔtant yusɛf pan sɔm we Pan ɔl, wi fɔ pre to >ɔd fɔ gi wi sɛns, bikɔs wit sɛns de kam ɔltin

#ndastandin, kriet tinkin, ɛn kɔnstrɔkti:, bɛnift akshɔn dɛn fɔ kɔlti: fɔ impɔtant wisɛf ɛn bɛnift ɔda pipul dɛn #lman we want fɔ go insay >ɔd in)iJdɔm fɔ ɛp ɔda pipul dɛn ɛ:ride to di bɛst we aw i ebul * e pɔsin fala dis rod, i go gɛt wan gladi gladi we gɛt layf we de pul di kwaliti dɛn we i nɔ want !is gladi at bak na wan indikɛtɔ we nɔ de mek mistek fɔ go bifo pan in maynd, bɔdi, ɛn spiritual Ay le:ul dɛn nɔ go gɛt wan dawt attained, bikɔs na dis na di rod we de go na >ɔd in)iJdɔm

!ɛn fɔ tray tranga wan fɔ win di we aw i de bie:, bikɔs @ɔs lɛk aw pɔsin fl bad ɛn grɔmbul, i kin plant di sid dɛn we de mek mistek na insɛf in grɔn

Fɔ put yusɛf pan bad abit na day smɔl smɔl Bɔt fɔ tray fɔ fl gladi ɛn op ɛ:ride, pan ɔl di prɔblɛm dɛn we de mɔna yu ɛn we de mek yu fl bad, min se yu bɔn yu bak wit glori ,f dis bɔn bak we mɔtalman dɔn bɔn bak nɔ Chen@ to wan spɛshal spiritual bɔn bak, i nɔ pɔsibul fɔ mek pɔsin gɛt nyu layfN dɛn go kɔntinyu fɔ tinap tranga wan

emperamɛnt kin pas ɛn pan tɛm wae pɔrsin de wɔri ɛn pwɛl hat, e kin afɛkt big pat pan di pipul dɛm bad bad wan Pɔsin nɔr fɔ tek di tin dɛm wae kin apin na layf tu siriɔs , bɛtɛ fɔ laf smɔl pas fɔ kray ɛn kray fɔ ɛ:ri misfɔstans wae kin kam yu we

, fayn fɔ gɛt op ɛn tray fɔ smayl ɔltɛm

* e pɔsin sho se i gɛt maynd, i gladi, ɔ ɛni wan pan di gud kwaliti dɛn we i gɛt, dɛn kin bɔn am bak, we min se in kɔnshɛns kin nyu bay we i sho in tru tru spiritual we

-n dat na di nyu spiritual bɔn we de mek wi kwalifay fɔ si ɛn go insay di)iJdɔm we de na ɛ:in

Pis de fɔ una

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" ɔtalman na spɛshal pipul dɛn bikɔs ɔf di fakulti fɔ mɛmba, we de mek dɛn difrɛn frɔm ɔl di ɔda tin dɛn we >ɔd mek -:ri sol kin want fɔ luk fɔ in di:ayn ɔri@in fɔ insɛf tru di mɛmba we i nɔ no bɔt in oli sɔs !is de ɛksplen di e:olushɔn smɔl smɔl fɔ ɔltin na di yuni:as Fɔ fala di di:ayn plan, ɛ:ri sol, we i gɛt mɔtalman bɔdi Kinklud wan di:ɛlɔp bren ɛn ner:ɔs sistɛmKfɔ dɔn gɛt di we fɔ mɛmba in impɔtant wanwɔd wit di di:ayn wit ɔl in at

" ɛmori na di ebul we wi kin ebul fɔ mɛmba di tin dɛn we wi dɔn ɛkspiriɛns na wi maynd if i nɔ bin de, wi go fɔgɛt aw wi ɔndastand layf ɛn wi go gɛt fɔ bigin nyu wan ɛ:ride, @ɔs lɛk yɔJ pikin dɛn Pɔsin we dɔn lɔs in maynd ɛn bikɔs ɔf dat, dɛn mɛmori de bie: lɛk pikin

Nɔ :alyu ɔ impɔtant nɔ de fɔ tek ɛgEam if wi nɔ ebul fɔ mɛmba ɛn rilay: am * i kin lan bay we wi de Chɛk aw wi de tink, fl, ɛn wetin mek wi de du sɔntin, ɛn bay we wi de analays di tin dɛn we wi bin dɔn du trade Pɔsin in :alyu ɛn impɔtant tin de insay wan fayn mɛmori

Fɔ ɛgEampul, L+amiM kin mɛmba se in na +ami ɛ:ri mɔnin we i wek, ɛn tru fɔ mɛmba, i kin kɔnɛkt in layf ɛkspiriɛns dɛn wit di nem +ami

* e wi want fɔ mɛmba wan ɛkspiriɛns we wi bin dɔn du trade, ɔ we wi nid am bak, wi kin gɛt am bak tru wi sabkɔshɔs maynd * e wi mɛmba wetin wi bin dɔn du ɔ wetin bin dɔn apin to wi bifo, wi kin du ɛni

wok we nid fɔ gɛt skil we wi dɔn lan ɔ praktis bifo * i kin difrɛns bak bitwin wetin wi fɔ du ɛn wetin wi fɔ a:ɔyd, dipen pan di sityueshɔn

! i sabkɔshɔs maynd de waCh ɔltɛm, i de rikodɔ ɔl di tin dɛn we pɔsin kin ɛkspiriɛns insay di de ɛn kɔntinyu fɔ wok i:in we i de slip, i de waCh di bɔdi lɛk pɔsin we de waCh na nɛt * e pɔsin wek, i kin no ɔltɛm if in slip bin gɛt pis ɛn rɛst ɔ nɔ de ! i pawa we di sabkɔshɔs maynd in mɛmori gɛt na wan pan di tin dɛn we di di:ayn kɔnshɛns we de waCh ɔltɛm ɛn we gɛt blɛsin gɛt

! i sid fɔ da ɔwe de plant insay ɛ:ri sol, bikɔs di sol, bay in yon nature, ɔndastand se i de li: sote go insay >ɔd " ɛmori na di sid fɔ sote goɴ if wi kia ɛn di:ɛlɔp am, wi kin mɛmba ɔl di tin dɛn we apin na dis layf ɛn wi layf we wi bin dɔn li: trade bak

As mɔtalman, wi kin mɛmba ɔl di prɔblɛm dɛn we wi dɔn gɛt na dis layf +o wetin mek wi nɔ go ebul fɔ mɛmba ɔl di spiritual prɔblɛm dɛn we wi sol dɔn gɛtG

" ɛmori gɛt tu nature1 mɔtalman mɛmori, we de mɛmba ɔl di ɛkspiriɛns dɛm na dis layf, ɛn oli mɛmori, we de mɛmba di ɛkspiriɛns dɛm we di sol gɛt tru ɔl in inkarnɛshɔn Bɔku pipul dɛn @ɔs no bɔt mɔtalman mɛmori

Bɔt wetin mek wi oli mɛmori de ledɔm ɛn nɔ de muf, ɛn i dɔn lɔs insay dip slipG

+ɔm pipul dɛn kin ebul fɔ mɛmba bɔku tin dɛn we dɛn dɔn ɛkspiriɛns1 mɔtalman ɛn spiritual #da pipul dɛn nɔ kin ebul fɔ mɛmba klia wan i:in di tin dɛn we dɛn @ɔs dɔn ɛkspiriɛns

" ɛmori gɛt lɛ:ɛl ɛn digri akɔdin to di maynd in kapasiti fɔ ɔndastand ’dukeshɔn, mental fɔs, riAekshɔn, ɛn ɔl di ɛkspiriɛns dɛn we pɔsin kin mɛmba impɔtant fɔ mek i gɛt gud mɛmori ,f pɔsin nɔ de di:ɛlɔp mɛmori, i nɔ go ebul fɔ gɛt riCh ɛn kɔmprɛhnsi:

ɔndastandin ,f pɔsin tek tɛst ɛn afta dat i fɔgɛt am, i go lɔs di :alyu ɛn impɔtants fɔ da tɛst de

* e wi mek di kwaliti fɔ wi mɛmori bɛtɛ, wi kin mek i strɔng te wi ebul fɔ mɛmba ɔltin, i:in di say we wi kɔmɔt na ɛ:in -n bay we wi wek wi oli mɛmoriKso dat wi go mɛmba ɔl di ɛkspiriɛns dɛn we wi bin dɔn gɛt we wi bin dɔn bɔn trade, ɛn bak di spiritual we aw wi bin de we nɔ de dayKwi go gɛt layf we nɔ de day

Fɔ tinap fayn ɛn fɔ du ɛksɛsayE fayn fayn wan kin bɛnift fɔ mek pɔsin gɛt trɛnk fɔ mɛmba ,nsay dis tɛm, usay dɛn dɔn tek mashin dɛn fɔ wok wit dɛn an pan difrɛn wok dɛn ɛn difrɛn tin dɛn na layf, pipul dɛn dɔn sidɔm ɛn nid fɔ du ɛksɛsayE ɔltɛm +o, dɛn dɔn mek ɔtomatik we fɔ ɛksesaiE fɔ yuE na os ɛn bildin dɛn

* e yu de du ɛksɛsayE, i impɔtant fɔ put yu maynd pan impɔtant ɛna@i fɔ gɛt di big big bɛnift , nɔ go du fɔ @ɔs strɛCh ɛn tɛns yu mɔsul dɛmɴ yu fɔ wek ɛn dayrɛkt di layf pawa we de gi yu bɔdi trɛnk ɛn trɛnk

+ɔm it dɛn de we go bɛnift di bren, ɔda wan dɛn de fɔ di mɔsul ɛn ner: dɛn, ɛn ɔda wan dɛn de fɔ di di:ɛlɔpmɛnt pan di bɔdi ɛn fɔ mek di difrɛn pat dɛn na di bɔdi kɔntinyu fɔ de fɔ mek pɔsin mɛmba mɔ, i fɔ it tin dɛn we de mek in bren pawa Fɔ ɛgEampul, if i it grɔn walnut ɛn amɔnd we dɛn miks wit sɔm drop laym ɔ ɔrɛn@ @us bifo i go slip, i kin mek i mɛmba fayn

!i wan dɛn we de du yoga kin tɔk bak se milk ɛn ChiE na tin dɛn we kin mek pɔsin in bren fayn !ɛn kin tɔk se we pɔsin taya ɛn wɔri, i fɔ drink miksɔp pan di @us we wan ɔ tu laym gɛt insay wan glas wata, was in ed wit kol wata, ɛn tɔn am bak oba dɛn tɛmpul, bitwin dɛn aybrɔw, na dɛn nos, ɛn na dɛn yes As a riEulta, di nɛ: dɛn kin rilaks, di maynd kin kol, ɛn gud mɛmori de wek

Fɔ a:ɔyd fɔ it bɔku bɔku it dɛn we gɛt fat, bikɔs dis kin mek di fat dɛn we de na di bɔdi fɔm ɛn gɛda togɛda na di blɔd :esel dɛn we de na di bren

,ndian spiritualist dɛm se bɔd ɛn bif kin ambɔg mɔtalman wɛlbɔdi !ɛn tu kayn mit ya gɛt bɔku yurik asid !ɔn bak, dɛn se bɔd ɛn bif ɔl tu nɔ kin mɛmba fayn if pɔsin it dɛn mit, i kin rili ɛp in bɔdi ɛn maynd

" ɛmori kin bɛtɛ tru prɛktis , nɔ kɔrɛkt fɔ se man we wik pan in bɔdi frɔm we dɛn bɔn am nɔ go ɛ:a ebul fɔ strɔng #ltɛm tin dɛn de we pɔsin kin ebul fɔ du ɛn we i kin ebul fɔ du big tin pan ɔltin na layf

* i fɔ no aw fɔ fɛn di rayt rod ɛn di rayt we

+ɔm dɔktɔ dɛn se pɔsin we gɛt disabiliti we i gɛt frɔm in mama ɛn papa go kɔntinyu fɔ de so fɔ in layf Bɔt dɛn dɔn sho se dɛn kin ebul fɔ win bɔku pan di tin dɛn we kin ambɔg in maynd bay we dɛn de du ɛksesaiE we dɛn kin du fɔ mek pɔsin in maynd nɔ gɛt bɛtɛ maynd (isaCh pan dis eria dɔn smɔl na di * ɛst, ɛn na dat mek bɔku sayɛnsman dɛn nɔ no gud gud wan bɔt di we aw di big big ,ndian yoga pipul dɛn bin de tiCh dip kɔnsɛntreshɔn bɔku bɔku ia bifo dis tɛm

di korekt we dRn fS di:RlSp kSnsantreshSn nS de fS bSku pipul dRn no di mRntal abiliti dRm dRn dSn SlrRdi b St i nS de di:RlSp fS fRl fS kSlti:ayt in mRntal kRpasiti Rn rRsRpshSn de lid to siriSs prSblRm $Rk di bSdi, di bren nid fS RksRsayE fayn fS hRlth, akti:iti, Rn :itality

+o, fɔ mek pɔsin ebul fɔ mɛmba gud tin, i nid fɔ du ɛksɛsayE, it tin dɛn we go mek pɔsin gɛt wɛlbɔdi, ɛn tink gud wan

ray fɔ mɛmba sɔm patikyula tin dɛn ɛn ɛn@ɔy fɔ si tin dɛn na yu maynd $uk sɔntin, wan tin we yu de si, ɔ wan fayn fayn tin we yu de si, dɔn tray fɔ mek da pikChɔ de bak na yu maynd Fɔ tray fɔ mɛmba di myuEik we dɛn kin siJ ɛn siJ dɛn, ɛn fɔ siJ dɛn na yu maynd, kin ɛp bak fɔ mek yu mɛmba mɔ

-nitin we dɛn du wit dip ɛn atɛnshɔn awareness go mek yu mɛmba mɔ

Poem ɛn myuEik gɛt wan spɛshal kwaliti we wi de fl * i ɔl kin mɛmba iEi wan di dip sɔri/at ɛn di big big gladi/at dɛn we wi bin gɛt na wi layf * etin mekG Bikɔs di flin biɛn dɛn ɛkspiriɛns dɛn de bin tranga -nitin we dɛn fl de mek pɔsin mɛmba tranga wan !ɔn bak, fɔ kɔmpoE poem ɛn mental ɛgEampul lɛk ad ɛn pul na fayn we bak fɔ di:ɛlɔp mɛmori ɛn mental fɔs

Fɔ mek dɛn ebul fɔ mɛmba mɔ, ɔltin fɔ du wit dip maynd fɔs "ɔs pipul dɛn kin du dɛn wok wit maynd we de waka waka, we kin mek dɛn gɛt big gap bitwin wetin dɛn de du ɛn wetin dɛn de tink !is na di riEin we mek dɛn nɔ de mɛmba ɛnitin fayn fayn wan ,f pɔsin want fɔ mɛmba sɔntin, i fɔ du am wit ful ɔwe ɛn kɔnshɛns

Fɔ di wan dɛn we lɛk >ɔd, fɔ tink bɔt dɛn wok we dɛn de du am nɔ de mek dɛn nɔ tink bɔt >ɔd di sem tɛm Bɔt we pɔsin de tink gud wan, i fɔ tink bɔt >ɔd nɔmɔ * i fɔ no se mɛmori de strɔng ɛn in kapasiti fɔ ɔndastand de bɔku tru meditashɔn

* etin na fɔ tink gud wanG Na wanwɔd wit di yuni:asal spirit, pas ɔl di tin dɛn we mɔtalman nɔ ebul fɔ du, ɛn tray fɔ mɛmba se mɔtalman na spirit, nɔto bɔdi * e di pɔsin we de tink gud wan bigin fɔ tray fɔ kɔnɛkt insɛf to di sol we nɔ de day instead ɔf di bɔdi we i de li: fɔ wan layf nɔmɔ, i go mɛmba bɔku pan di tin dɛn we i bin dɔn ɛkspiriɛns trade na layf ɛn i go dɔn mɛmba se i kɔmɔt frɔm >ɔd in at

,nsay >ɔd de di mɛmori fɔ ɔl mɔtalman layf ɛn di layf fɔ ɛ:ri pɔsin * e pɔsin de insay wanwɔd wit in spiritual sɛf, di tɛm dɛn we dɔn pas ɛn di pawa dɛn we dɛn dɔn fɔgɛt bɔt di di:ayn sɛf we nɔ de pwɛl go kɔmɔt bak na dɛn kɔnshɛns "ɛditeshɔn min fɔ mɛmba se

pɔsin nɔto bɔdi we de day bɔt na sol we nɔ de day1 wan wit >ɔd

Na de wi kin tink bɔt wisɛf as mɔtalman we nɔ gɛt bɛtɛ tin fɔ du, bɔt na nɛt, we wi de slip dip, we wi nɔ de drim, wi kin fɔgɛt bɔt wi mɔtalman kɔndishɔn

ru meditashɔn, wi kin, bay wi yon tray, rɔnawe, i:in if na fɔ shɔt tɛm nɔmɔ, frɔm di tin dɛn we wi kin gɛt na dis wɔl * i kin lɛf fɔ no bɔt wi bɔdi ɛn mɛmba se wi na di:ayn spirit !ɛn wan dɛn we de kɔntinyu fɔ du dis prɔsis kin bi masta fɔ dɛnsɛf ɛn tru tru gayd

>ɔd gi wi mɛmori so dat wi go mek ɛn mɛmba ɔl wetin gud ɛn nobul ,f yu yuE mɛmori di rɔJ we, dat kin mek mɔtalman sɔfa bad bad wan

+ɔmbɔdi we de kip :ɛks ɛn et to ɔda pɔsin bikɔs ɔf wan bad bad tin we i dɔn du trade de yuE in mɛmori di rɔJ we Bɔt, natin nɔ bad fɔ mɛmba tin dɛn we nɔ gladi fɔ lan frɔm am !is we ya, pɔsin kin analayE di tin dɛn we i bin dɔn du trade ɛn a:ɔyd fɔ ripit di sem mistek dɛn we bin mek i gɛt bita ɛn pen

$ay lay tinkin nɔ fɔ ri:isit, as dɛn go de na wi maynd fɔ lɔng tɛm we >ɔd gi wi mɛmori so dat wi go kip layf in lɛsin ɛn fayn ɛkspiriɛns dɛn layf $ay lay tinkin dɛn we bin dɔn de trade fɔ pul am bay we wi nɔ fɔ mɛmba dɛn ,f dɛn fos dɛn we fɔ go insay di maynd, wi fɔ nɔ gri fɔ ɔs ɔ wɛlkɔm dɛn

* i de ripit1 fɔ de tink bɔt ɛn rihash bad ɛkspiriɛns na fɔ yuE di mɛmori we >ɔd dɔn gi wi di rɔJ we Bifo dat, pɔsin fɔ disayd fɔ yuE dɛn mɛmori fɔ gud tin dɛn nɔmɔ ɛn fɔ gɛt fayn fayn ɛkspiriɛns dɛn, ɛn fɔ drɛb ɔl di mɛmori dɛn we nɔ fayn ɛn we dɛn et frɔm dɛn maynd

* i fɔ si, yɛri, test, tɔCh, fl, ɛn want ɔl wetin gud, fayn, saful, ɛn bɛnift -n wi fɔ kip gladi gladi ɛkspiriɛns ɛn tɛst dɛn na di :ault fɔ wi mɛmori

Pɔsin we fl gud flin, tink fayn fayn tin dɛn, ɛn si gud tin nɔmɔ na di nature ɛn pipul dɛn go mɛmba di gud tin dɛn nɔmɔ

! ɛn dɔn gi wi mɛmori as oli gift so dat wi go praktis fɔ mɛmba gud tin dɛn te wi go ebul fɔ mɛmba di gud tin we pas ɔl1 >ɔd

As wi de waCh gud ɛn rayt pan ɔltin, wan de wi go si se di di:ayn pawa we ayd go brok ɛn skata ɔl di smɔl smɔl opin dɛm fɔ tink, sɛns, ɛn flin we wi bin @ɔs si Aash dɛn fɔ di:ayn biuti ɛn wanwɔd insay di krieshɔn, ɛn tru di winda fɔ spiritual kɔnshɛns wi go si tɔtal gudnɛs ɛn absoliut pafɛkt

* i de aks >ɔd fɔ ɛp wi fɔ wek ɛn layt bak di faya we go de sote go fɔ di oli mɛmori te i bɔn di daknɛs fɔ fɔgɛt ɛn fɔgɛt, so dat wi go mɛmba se wi bin de ɛn wi stil de wan wit >ɔd in spirit ɛn in lɔ: we de ɔlsay na di wɔl

,f yu mɛmba >ɔd na mɔnin
Na midde ɛn i:intɛm
Yu go fl se yu gɛt trɛnk ɛn yu go gladi
+oar lɛk igl na di skay
Yu go spɛn yu tɛm fɔ fl fayn
-n dɛn kin kɛr am lɛk sɛnt na di ɛ@
Yu abop pan di * an we mek ɔltin na di wɛpɔn we shap pas ɔl
Arm yusɛf wit shɔt ɛn op
,f yu de luk fɔ >ɔd, we de mek yu du wetin rayt
, kin @ɛntri, nɔto so, i kin bi di wan we @ɛntri pas ɔlman
* an tru tin we dɛn dɔn pru:

" asta Paramhansa Yogananda

ransleshɔn1 " ahmuud Abas " asoud

Nɔ dismis mi wɔd wit skeptiCism bifo una tray di we fɔ unasɛf Yu kin taya fɔ yɛri bɔku bɔku tiori dɛm we nɔ gɛt ɛnitin fɔ du wit una layf * etin a de tɔk nɔto tiori, bɔt na tru tin we dɛn dɔn pru:, ɛn a go tray fɔ gi una wan aidia bɔt wetin dɛn kin rili tɛst

A bin laki fɔ lan dis sayɛns trut frɔm wan pan di big big sɛnsman dɛn na ,ndia bɔku ia bifo Yu go de wɔnda wetin mek a de ɛnkɔre@ yu ɛn pul yu atɛnshɔn to dɛn tru tin ya A gɛt ɛnitin fɔ du wit misɛf nɔmɔG " i ansa nɔto atɔl #l wetin a want na fɔ prisent dɛn trut ya to una, op in ritɔn fɔ gɛt klin gladi at fɔ ɛp yu fɔ fɛn yu gladi at fɔ praktis dɛn ɛn ɛkspiriɛns dɛn blɛsin

Naw a fɔ pul sɔm pat dɛn pan fsiɔlɔ@i fɔ at ɔl fɔ gɛt wan @enɛral ɔndastandin bɔt di prɔses we a go rifer to di wok we di men sɛnta ɔ aks dɛn de wok ɛn di ilɛktrik kɔrɛnt we de Aɔ frɔm di brenK tru dɛn sɛnta dɛn yaK to di ɛksternal ɛn insay sɛns ɔgan dɛn, we de mek dɛn kɔntinyu fɔ li: ɛn gɛt layf

+iks men sRntr dRm de we di :ital kSrant, S layf k Srant, de pas tru to di Sl nR: sRstem dRn sRntr dRm ya na1

. " ɛdula +ɛnta

3 +ɛnta we de na di sɛ:ikal

4 !ɔsal +ɛntral

5 +ɛntral fɔ di $ɔmba

6 +akral +ɛnta

8)ɔksi@ɛl +ɛnta

di bren na di suprim ilektrikal distributa Hdi hSy sRntrI, Rn Sl di sRntr dRm de kSnekt to wan an Rn de wok Snda di inASRns fS di suprim sRntr Hbren sRl dRmI di bren sRl dRm de sRnd di :ital kSrant HS ilektrikI tru dRn sRntr dRm S :Rrbral aksSn dRm, we in tSn de disCha@ dRn ilektrikal Cha@ insay di a[erRnt Rn transmit nR: dRm we de tek o:a di fSnshSn dRm fS di sRns impuls dRm Rn sRns dRm fS tSCh Rn fɔ si, ɛn ɔda tin dɛn

dis ilektrikal kSrant we di bren de kSmSt na di layf bSdi fS di fSs bSdi Hinklud in intanRt Rn Rksternal Sgan dRmI ru dis ilektrikal mRdiSm, di sRns infSmeshSn de transmit to di bren, we de trigRr di prSsRs fS di tSk dRm

if di sol want fS stSp di fSlS fS disturb ripot dRm fS di bSdi sens dRm Hwe de Rp fS kSmSt fS di intakSnekt t Sk lSp dRmI, i fS kSntro di ilektrikal kSrant Rn ri:Rs in fS fSm frSm di Sl nR: sistRm to di sR:in men sRntr dRm Hinklud di brenI, so dat dis we i go gi di Sgan dRm we de na do Rn insay di Sgan dRm komplit rRst

we yu de slip, di ilektrikal kSnRkshSn bitwin di bren Rn di sRns Sgan dRm de sSmtRm de intarap, we de mek nSmal sens dRm lRk fS yRri Rn tSCh nS de riCh di bren Bikɔs dis intarapshSn nS kSmplit, eni strSng Rksternal stimulus kin ri/establish dis ilektrikal k SnekshSn, we de alaw di stimulus fS riCh di bren Rn wek di pSsin Sltu, we i de slip, wan kSntinyu ilektrikal kSrant de fSlS to di insay ɔgan dɛnKdi at, di lɔng, ɛn ɔda tin dɛnKwe de mek dɛn kɔntinyu fɔ li: ɛn wok

Bikɔs dɛn nɔ kin kɔntrol di ilɛktrik wok we di bɔdi de du we i de slip gud gud wan, di tin dɛn we di bɔdi kin fl lɛk se i nɔ kin fl fayn, i kin sik, ɛn di tin dɛn we kin mek i fl fayn na do kin ambɔg di pɔsin we de slip Bɔt, bay we wi yuE wan we we sayɛnsman dɛn de du,

wi kin ebul fɔ kɔntrol ɔl tu di wok dɛn we de insay ɛn na do na di bɔdi di sem tɛm ɛn kɔmplit wanK dis na di tin we impɔtant pas ɔl fɔ du am Bɔt fɔ mek wi ebul fɔ kɔntrol am ɔl, i kin nid fɔ du am fɔ lɔng tɛm

<ɔs lɛk aw di ɔgan dɛn we de na do kin gɛt nyu bɔdi afta dɛn dɔn slip, we na rɛst fɔ di bɔdi, na so di ɔgan dɛn we de insay kin gɛt nyu bɔdi bak bikɔs dɛn de du dis sayɛns we, ɛn dɛn trɛnk kin bɔku, we kin ɛp fɔ mek dɛn li: lɔng

<ɔs lɛk aw wi nɔ de fred slip so dat wi sɛns nɔ go de slip ɛn nɔ ebul fɔ wok, na so wi nɔ fɔ shek fɔ praktis day we wi de tink bɔt, dat na fɔ gi rɛst to wi insay ɔgan dɛn !ɔn day go de ɔnda wi kɔntrol, so dat we wi si se dis os we wi de si dɔn pwɛl ɛn nɔ go ebul fɔ li:, wi go lɛf am wit wilful ɛn wit ful awareness 7!i las ɛnimi we dɛn go win na day72

* i kin ɛksplen dis we fɔ du tin wit dis ɛgEampul1

,f di men tɛlifon ɛkshɛn@ na siti gɛt waya to difrɛn pat dɛn na di siti, di wan dɛn we de kɔl na dɛn pat dɛn de kin kɔnɛkt kɔntinyu to di sɛntral ɛkshɛn@ bay di ilɛktrik kɔrɛnt we de Aɔ tru di waya dɛn, ilɛksɛf di ɛkshɛn@ de mane@ ɔ kɔntrol Bɔt if di men tɛlifon ɛkshɛn@ want fɔ diskɔnekt di difrɛn ɛkshɛn@ dɛn, i kin ɔf di men ilɛktrik switCh, ɛn dis kin mek di ilɛktrishɔn nɔ Aɔ to di difrɛn pat dɛn na di siti

semweso, di sayɛns mRtSd de gi wi di prSsRs we wi nid fS drS di :ital kSrantK we de sheb Slsay na wi bSdi K to wi sRntri ri@ySn dRm, dat na di spayna Rn bren !i mRtSd de wok bay we i de magnetiE di spayna Rn bren, we gRt di sR:in men enR@i sRntr dRm As a riEulta, di layf fSs we de sheb Slsay na di bSdi de drS Rn transmit tru di spayna to di bren * e wi riCh di bren, wi de sRns

Rn RkspiriRns am as layt ,nsay dis stet, di spiritual sɛf kin ebul fɔ fri insɛf frɔm di tin dɛn we kin ambɔg in bɔdi ɛn in maynd

!i spiritual sɛf de ambɔg di tɛlifon ripɔt dɛn we de kamKwe nɔ gri wit wetin i wantKfrɔm tu klas dɛn we na 7pipul71 wan ay klas HtinkI ɛn wan lɔw klas HfEikal sɛnsI Fɔ mek i ebul fɔ kɔt tayt wit dɛn tu klas ya, i fɔ drɔ di ilɛktrishɔn we de Aɔ tru di tɛlifon waya dɛn to di sɛntral bateri bay we i ɔf di ilɛktrik switCh Hdat na, bay we i de praktis fɔ tink gud wanI so dat i go ɛn@ɔy pis ɛn fridɔm

Atɛnshɔn na di praymari dairekta ɛn distribyushɔn fɔ ɛna@i, we gɛt di wok fɔ transmit di impɔtant ilɛktrik kɔrɛnt frɔm di bren to di sɛns ɛn mɔta nɛ: Fɔ ɛgEampul, we wi shot away wan Aay we de anɔynt, wi de yuE di pawa fɔ atɛnshɔn fɔ sɛn ilɛktrik kɔrɛnt to di motoka nɛ: dɛm, we de riliEɔt di an mu:mɛnt we wi want a menshɔn dis fɔ gi wan aidia bɔt di pawa we di atɛnshɔn gɛt, bay we di ilɛktrik kɔrɛnt insay di bɔdi kin kɔntrol ɛn dayrɛkt to di di sɛnta dɛn we wi bin dɔn tɔk bɔt

Na ya a go lɛk fɔ diskrayb di stet dɛm we de fala kɔmplit kɔntrol pan di bayɔɛlektrik kɔrɛnt Fɔs, di pɔsin kin ɛkspiriɛns wan rili atrakti: sɛns bikɔs ɔf di magnetiEayshɔn na di spayna Bɔt, kɔntinyu ɛn lɔng prɛktis go briJ kam wan stet fɔ kɔnshɛns blis we de negate di arousal na di bɔdi kɔnshɛns

* i dɔn diskraib dis blisful stet as wi ɔltimat gol ɛn yuni:asal nid, bikɔs insay am wi de ɛkspiriɛns tru tru ɔwe fɔ >ɔd ɔ blis ɛn fl wan ɛkspɛnshɔn pan wi kɔnshɛns !i mɔ we wi de ɛkspiriɛns dis stet, di mɔ wi indi:idyualiti Hwi smɔl sɛf ɔ egoI de stɔp ɛn sɔl:, ɛn di

mɔ wi de kam nia di kɔsmik kɔnshɛns ɛn bi intimately ɛn dairekt kɔnekshɔn wit >ɔd

(ili@ɔn, fɔ tru, nɔto ɔda tin pas fɔ dɔnawe wit wi wan wan sɛf insay wi kɔsmik kɔnshɛns +o, insay dis gladi gladi stet, wi de go ɔp di lada fɔ fet, lɛf biɛn di stiAing atmosfɛs fɔ di sɛns ɛn di trɔbul fɔ tink, ɛn go insay di eria dɛn fɔ di:ayn gladi at

ru dis we wi kin no di tru tin dɛn we de na di kɔsmik, ɛn we dis blɛsin stet kin bi rial / tru kɔntinyu fɔ praktis / wi kin si wisɛf ɔltɛm na di blɛsin " asta in preEɛns we de insay wi, ɛn wi kin du wi wok dɛn fayn fayn wan we wi nɔ de luk di frut dɛn we di wok de gi, so wi kin bisin mɔ bɔt di wok dɛn pas wisɛf Hdi egoI ɛn di sɛns dɛn fɔ gladi ɛn pen we da ego de de mek

,nsay di tiChin dɛn we ɔl rili@ɔn dɛn de tiChK)ristian rili@ɔn, ,slam, ɛn ,ndu rili@ɔnKwan men trut de1 pas pɔsin no di men tin we dɛn de du as spiritKdi say we i de gi gladi atKi go kɔntinyu fɔ tay bay we i de tink smɔl ɛn i go de ɔnda di lɔ dɛn we de na di wɔl we nɔ de Chen@ ɛn we nɔ de fɔgi: * e wi no dɛn tru tru we de briJ fridɔm we go de sote go * i nɔ go ebul fɔ no >ɔd pas bay we wi no wisɛf, bikɔs di men tin we wi mek na similar to &is &uman beings were Created in >odTs image ru di diligent ɛn sinCere praktis fɔ tru sayɛns meditashɔn, yu go kam fɔ no yusɛfKdat na, yu go no se yu na blɛsin spiritKɛn yu go kam fɔ no >ɔd

+piritual meditation methods enCompass all the neCessary means for know >od !ɛn nɔ de pe atɛnshɔn pan difrɛn rili@ɔn ɛn bili: bikɔs sɔm pan dɛn difrɛns ya kin mek pipul dɛn kɔnfyus

!i supiriɔriti fɔ sayɛns mɛditeishɔn pas ɔda we dɛn de pan in klos kɔnekshɔn ɛn dairekt akshɔn wit di sem

tin we de tay wi to wi limited sɛf1 layf ɛna@i ,nsted fɔ ridayrɛkt dis ɛna@i, dat na, fɔ Chanɛl am insay ɛn intagret am insay di pawa dɛn we di spirit de pan ɛn we de bɔku, i de Aɔ na do, kip di bɔdi ɛn maynd insay mu:mɛnt ɔltɛm, we de mek distɔblɛshɔn to di spiritual sɛf insay di fɔm fɔ fEik sɛns ɛn tin dɛn we pɔsin kin tink bɔt fɔ shɔt tɛm

Bikɔs layf ɛna@i de Aɔ na do, sɛns ɛn tinkin de Chen@ di ime@ fɔ di klin, kwayɛt sol !is we ya de tiCh wi aw fɔ dayrɛkt layf ɛna@i insay +o, na dairekt ɛn kwik we, we de kɛr wi dairekt to di sol in kɔnshɛns1 to di blɛsin kɔnshɛns fɔ >ɔd, we nɔ nid ɛni ɔda mɛdiɔm

!is we ya na fɔ a@ɔst ɛn dayrɛkt di Aɔ fɔ layf ɛna@i bay we yu de a@ɔst ɛn rigul wan pan di manifestɔ dɛm we dɛn no we gɛt fɔ du wit layf ɛna@i sɛf

, fayn fɔ no se ɔl di rili@ɔn rod dɛn na di wɔl kin rikɔmɛnd fɔ yuE dairekt ɔ indayrɛkt we, hint ɔ klia, fɔ kɔntrol di Aɔ we layf ɛna@i de Aɔ ɛn ri:ɛns in dairekshɔn so dat wi go pas di bɔdi ɛn maynd ɛn kam fɔ no di sol bay we wi no di men tin we i tan ɛn di kayn we aw i tan

!i prɛEɛns fɔ layf insay mɔtalman na fɔ li:, ɛn di we aw i nɔ de na fɔ dɔnawe wit am +o, di we we de gayd pɔsin fɔ kɔntrol layf dairekt wan na di bɛst we

!i sɛnsman dɛn we kɔmɔt na difrɛn @ɛnɛreshɔn ɛn kɔntri dɛn dɔn tɔk bɔt we dɛn we ft di pipul dɛn we dɛn bin de wit dɛn maynd ɛn di tin dɛn we bin de apin to dɛn +ɔm bin de pe atɛnshɔn mɔ pan prea, sɔm flin, sɔm tin dɛn we dɛn de du, sɔm lɔ:, ɛn ɔda wan dɛn bin de tink ɔ tink ɛn tink bɔt wetin dɛn bin de du na di sem

! ɛn ɔl bin afɛm di nid fɔ transfa di fyEikal kɔnshɛns bay we dɛn ri:ɛns di Aɔ fɔ layf ɛna@i so dat i go Aɔ insay ! ɛn bin asɛf bak di nid fɔ no yusɛf ɛn i kɔmɔt biɛn :el, @ɔs lɛk aw di san in ime@ de apia klia wan ɛn difrɛn wan insay stil, kol wata ! ɛn ɔl bin ɛmpɛsh di :aliditi ɛn ɛ f fshins fɔ di mɛditati: we, we nɔ nid fɔ ɛni ɔda intamɛdiɛri

* i fɔ no bak se fɔ praktis dis we nɔ de ambɔg di di:ɛlɔpmɛnt fɔ di maynd ɔ bɔdi trɛnk, @ɔs lɛk aw i nɔ de tinap as barɛri fɔ bɛnif t sɔshal akti:iti dɛn we di mɔs dilik ɛn rif n flin ɛn nobles moti:es we de dediket fɔ sa: mɔtalman de dayrɛkt

,nfakt, wi de ad:atayE ɛn rikomɛnd di ɔlistik di:ɛlɔpmɛnt fɔ di pɔsin, bikɔs dis di:ɛlɔpmɛnt nɔ go ebul fɔ a:ɔyd fɔ mek i iEi fɔ mek dɛn praktis dis rod pas fɔ ambɔg am ! i wangren tin we dɛn nid na fɔ ɔndastand ɛn praktis di rod wit ɔl wi at, ɛn ɔl di akshɔn ɛn aspireshɔn dɛn go de insay di pɔsin we de luk fɔ in bɛst intɛres da tɛm de

! i impɔtant pɔynt na dis we fɔ du tin na fɔ ɔndastand di layf ɛna@i we de sɔpɔt mɔtalman bɔdi ɛn mek i gɛt layf ɛn gɛt ɛna@i

Brif a a rmations fɔ mɛn pipul dɛn

D " asta, Yu blɛsin layt de shayn frɔm di prɔfɛt dɛn, oli pipul dɛn, ɛn sɛnsman dɛn na ɔl di rili@ɔn dɛn, ɛn frɔm mi bak ! is oli layt de insay ɛ:ri sɛl ɛn tisu na mi bɔdi, ɛn bay Yu gudnɛs a gɛt wɛlbɔdi ɛn wɛl

D kɔnshɛns kɔsmik akti:iti

Yu de alay: insay miF

+ɔlid, likwid, ɛn gas it dɛn kin Chen@ bay >ɔd in pawa to layf ɛna@i

Fɔ sɔpɔt mi bɔdi

D " asta, na layt mek di sɛl dɛn na mi bɔdi

Na yu men tin, bikɔs yu na di spirit we de mek pɔsin pafɛkt

, sef den, bikɔs na yu na di sɔs we de mɛn

! i men tin we de insay am na spirit, ɛn yu na di spirit we de na di big big wan

-n i de sote go bikɔs na yu bigin fɔ li:

Bikɔs yu na di minin fɔ sote go

A kin fl nyu, a gɛt trɛnk, ɛn a gɛt trɛnk

Yu akti:iti de ful/ɔp wit layf

-n mi bɔdi de Aɔd tru am

! i pawa we di spirit gɛt fɔ mɛn pipul dɛn

! ɛn mek mi fɔ bi layt

Frɔm di klin tin we >ɔd mek

A kin fl se a gɛt wɛlbɔdi ɔltɛm

Na bikɔs i de insay mi

,n trɛnk de de

,nsay ɔl di pat dɛn na di bɔdi

! i bɛlɛ strɔng bikɔs i gɛt ,n layt

! i * an we de mɛn ɔl di sik dɛnF

A no fɔ tru se ɔl sik dɛn, pan dɛn difrɛn we dɛn, na

Fɔ tɔk bɔt di we aw dɛn nɔ de tek di wɛlbɔdi rigyuleshɔn a go pul di sik wit wɛlbɔdi it

Fɔ ɛksesaiE di rayt we, fɔ tink gud wan, ɛn fɔ du gud tin fɔ du

D " asta, Yu layt de insay ɛ:ri atɔm na mi bɔdi

,nsay ɛni wan pan mi sɛl dɛn

,nsay ɛni blɔd sɛl, 2

-n ɛ:ri ner: na mi bɔdi

,nsay mi bren ɛn mi tisu dɛn

+o, a gɛt gud wɛlbɔdi ɛn a gɛt wɛlbɔdi

Bikɔs yu de li: insay mi, ɛn yu na di pawa we de mɛn pipul dɛn

>ɔd in layt ɛn wɛlbɔdi de ɔlsay na di dak kɔna dɛn na mi bɔdi sik dɛn

,n layt we de mɛn pipul dɛn de shayn na ɔl di sɛl dɛn na mi bɔdi

+o i saund bikɔs i gɛt ,n layt

+emweso, ,n pafɛkt

+peshal emphasis pan di pawa we tinkin gɛt

A tink ɛn a no se mi akti:iti dɔn bigin

Frɔm di bren to di bɔdi

!i sprɛy we layt de rɔsh fɔ go bifo

Frɔm di rut dɛn na mi tisu dɛn

-n i de Aɔd frɔm mi bren

o di sɛl dɛn ɛn di ner: dɛn

-n insay di paregraf dɛn i bigin

!i Aɔ we pawa fɔ mɛn pipul dɛn de Aɔ

Frɔm di spayna

As fom ɔ as sprɛy

Fɔ gi di bɔdi in sɛl dɛn tin fɔ it

Pure wɛlbɔdi biEnɛsF

D "asta, a de wɔship Yu

,nsay ɔltin we gud

'n ai luk yu rait

,nsay ɛ:ri brayt aydia

Yu absoliut pawa di mɛrɛsin fɔ ɛ:ri sik

, de insay mi, so a nɔ de fl taya

"ek yu layt we de mɛn yu shayn

Frɔm di daknɛs we dip ignɔrans de

-nisay we layt de, na de pafɛkt ɛn klin de

,nsay flin, wil, ɛn tink

+o, dayrɛkt di we aw a de fl wit wetin a want ɛn wetin a de tink

+o dat a go fala gayd wit sɛns ɛn @ɔ@mɛnt

-:ride a go luk fɔ gladi at fɔ di sol we de insay misɛf

Nɔto tru di tin dɛn we pɔsin kin ɛn@ɔy

>ɔd de waCh aw a de tink ɛn gayd dɛn fɔ du dat

!i wɔl we gɛt sef ɛn di op fɔ mek pis de

A go klin mi maynd pan ɔl di fred dɛn

Fɔ no se >ɔd de sɔpɔt mi ɛn gayd mi

, de mek mi rod iEi

-n , de mek tin iEi fɔ mi

,nsay ɛ:ri sityueshɔn ɛn fl

!i trɔst we a rili abop pan >ɔd na di mɛrɛsin

-n a gɛt bɛnift ɛn mɛn frɔm am

Pis de fɔ una

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* 3(+" , 7 , 3 -
*7 7 7 < *7 + *7 , -
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(3 " 0 *7C + 7 (3

Frɔm wetin di tiCha de tiCh

Paramhansa Yogananda, we de wok fɔ yu

,f yu de waka waka we yu nɔ gɛt ɛni aim na layf de wet fɔ Chans fɔ mek yu gɛt sakrifays, i go mɔs bi se dɛn Chans dɛn de nɔ go kam nak, ɛn yu nɔ go fɛn sakrifays Bɔt if na yu de disayn yu yon fu@a ɛn drɔ di map fɔ yu tumara bambay wit yu yon an, den gladi fɔ riCh yu gol, bikɔs yu dɔn rili nia fɔ riCh di tin we yu want

Fɔ mek yu ebul fɔ disayn map we go wok fayn, fɔs yu fɔ sho wetin yu want fɔ du * etin sakrifays min fɔ yuG * etin yu want frɔm sakrifaysG ,f yu ansa na fɔ gɛt nem, @ɛntri, ɔ fɔ du wetin yu want fɔ du wit yu yon prɔpati, dat min se yu de go fɔ mek yu at pwɛl bad bad wan ɛn yu nɔ go ebul fɔ du am atɔl

! i pipul dɛm we nɔ gɛt sakrifays pas ɔl na di wan dɛm we dɛn nem de na ɔlman in lip di wan dɛm we gɛt di abiliti fɔ bay ɛnitin we dɛn lɛk ɛn gɛt V akɔdin to matirial standad V ɔl wetin dɛn sol want, bɔt yet dɛn nɔ gɛt gladi atF +o wetin mek yu fɔ kɔntinyu fɔ waka na di sem rod we nɔ gɛt rodG

Fɔ gɛt nem ɛn fɔ gɛt gud prɔpati kin bi di frut dɛn we pɔsin kin gɛt we i rili gɛt sakrifays, bɔt dɛn nɔto di men tin we kin mek pɔsin gɛt sakrifays, ɛn nɔto di

kwaliti dɛn we impɔtant pas ɔl ,nfakt, dɛn nɔ nid fɔ du am atɔl fɔ mek pɔsin gɛt sakrifays

+o wetin na di riEinG * etin pɔsin fɔ luk fɔ na layfG * an gol de we wi fɔ tray fɔ du ɛn tray fɔ gɛt1 gladi at ! is kin mek i nid fɔ pul di tin dɛn we ayd na layf frɔm ɛ:ri mɔnt, fɔ di wan dɛn we sabi fɔ luk fɔ ɛn no usay dɛn :alyu tin dɛn de

-n no, D pɔsin we de luk fɔ gladi at, se if yu @ɔs pe atɛnshɔn to yu de

-n if yu mek yu de riCh wit yu fayn wɔd dɛn, du tin dɛn we go bɛnift yu, ɛn tink gud wan

Yu de go bi yu loyal padi ɛn yu golden Chans

Yu paspɔt ɛn :isa go bi yu ɛntrɛ insay wan prɔmis ɛn brayt fu@a we ful/ɔp wit sakrifays

+o, di nɛks tin we yu fɔ du fɔ mek yu map yu tumara bambay na fɔ tek tɛm waCh wetin de insay ɛni de na yu layf ɛn kip wetin go bɛnift ɛn gud ,f yu nɔ ebul fɔ du dis, dat min se yu fɔ stɔp ɛn tek stɔk

Fɔ mek pɔsin gɛt sakrifays, dɛn fɔ tink bɔt dɛn impɔtant tin ya, if dɛn nɔ gɛt dɛn, dɛn nɔ go ebul fɔ gɛt sakrifays1

* e yu wek na mɔnin, nɔ @omp kɔmɔt na bed wantɛm wantɛm ɛn bigin fɔ du di tin dɛn we yu de du fɔ di de

ɛns ɛn rilaks yu ɔl bɔdi bɔku tɛm fɔ mek yu gɛt yu ɛna@i bak smɔl smɔl Bifo yu bigin fɔ du yu ɛ:ride, tek sɔm tɛm fɔ afɛm to yusɛf se dis go bi di bɛst de na yu layf)ɔn:ins yusɛf se ilɛk wetin apin, yu de go bi dis we Fɔ bigin wit prea ɛn tink gud wan, i go mek yu bili: tranga wan ɛn gi yu di trɛnk we yu nid

" ek yu layf simpul

Nɔ abop pan mɔtalman in:inshɔn fɔ ɛn@ɔy layf ,f yu kɔnfyus yusɛf fɔ ɛn@ɔy yusɛf we nɔ de te, yu go :ɛks, kɔnfyus, ɛn mud Nɔ nid fɔ de ɔltɛm wit tɛli:ishɔn, mitin let na nɛt, ɛn bankwetKdɛn tin ya dɔn bi soshal kɔstɔm dɛn we dɔn stɔp fɔ bi soshal kɔstɔm $ɛk aw sɔmbɔdi bin tɔk wan tɛmKɛn aw in wɔd dɛn na truK nɔto wi wok de kil wi, bɔt aw wi de spɛn wi fri tɛmF Yu go li: lɔng ɛn ɛn@ɔy layf mɔ if yu mek am simpul ɛn nɔ Chen yusɛf to sosayti +ik di gladi gladi we dɛn kin si pan di smɔl smɔl tin dɛn

! u yu bɛst fɔ dɔn di wok we yu gɛt fɔ du di bɛst we aw yu ebul

,f yu nɔ satisfay wit di wok we yu de du naw, di wɔri ɛn di haphaEard pefɔmɛns nɔ go Chen@ ɛnitin ray fɔ aproCh di sityueshɔn wit fayn abit, ilɛk wetin i bi, ɛn wan pan tu tin dɛn go apin1 ɔ yu go diskɔba se yu dɔn mis wan :alyu Chans, ɔ wan nyu domɔt go opin wantɛm wantɛm, we go alaw yu fɔ go insay ɛn fɛn wok we go f t yu nid ɛn fulfl wetin yu want

$aif na tin we de kɔntinyu fɔ gi ɛn gɛt

Bi balans so dat yu nɔ go tek mɔ pas wetin yu de gi, ɔ @ɔs gi yusɛf we yu nɔ tek

Brod di we aw yu de si tin

+ho intres pan ɔda pipul dɛn layf ɛn akti:iti $uk pas yusɛfKto yu famili, ɛn pas yu famili to yu padi dɛm, ɛn pas yu padi dɛm to ɔl pipul dɛm +ayns de kɔnfrm se yu na pat pan wan ɔl, so nɔ fɔgɛt yu big sɛf

Balans yu layf

- :ride fɔ gɛt wok, rɛst, ɛn@ɔymɛnt, stɔdi, ɛn tink gud wan Yu na pɔsin we gɛt bɔdi, maynd, ɛn spirit mɛn dɛn impɔtant tin ya insay wan we we balans ɛn we gɛt wanwɔd fɔ gɛt wɛlbɔdi, trɛnk, ɛn no

Bi kwik fɔ smayl, slo fɔ kray, want fɔ ɛp, rɛdi fɔ wet ɛn Chen@, ɛn waCh fɔ di Chans dɛn we yu go gɛt

Ohek di akɔn we di de dɔn

)ɔntribyushɔn to yusɛf fɔ di prɔgrɛs we yu dɔn mek in nɔ go Chen@ wan nɛt, so nɔ fred fɔ kɔfrɛnt mistek wit di disayd fɔ du bɛtɛ tumara -n bifo yu go slip, trɔs yu afɛkt to >ɔd, no se , nɔ go lɛf yu wan, bɔt i go gi yu Chans ɛn opin domɔt fɔ yu as lɔng as yu de tray tranga wan ɛn fɛn ,n ɛp ɛn gayd

* e yu de slip ɛn bifo yu slip, mek shɔ se tumara bambay go bɛtɛ pas tide, wit >ɔd in ɛp

,f yu na pɔsin we de plan gud gud wan ɛn yu sabi fɔ bil

,f yu fala di ditel dɛn we de na yu map

, nɔ pɔsibul fɔ mek yu nɔ ebul fɔ du amF

>o bifo ɛn pis de pan unaF

+os1 +ɛlf/)nowledge "agaEin
$ 37

ransleshɔn1 "ahmuud Abas "asoud

D "asta, Yu na di mistiriɔs ɛ:in ilɛktrishɔn we de Aɔ insay wi :ein dɛn ɛn gi pawa to di kɔmpleks ɛn kɔmpleks mɛkanism dɛn na wi bɔdi, wit ɔl dɛn bɔdi, bon, nɛ:, ɛn mɔsul dɛn

Yu impɔtant ɛna@i de insay wi, insay ɛ:ri briE we wi de blo ɛn ɛ:ri bit we wi at de bit $ɛ wi no se ɔl pawa, gudnɛs, ɛn blɛsin dɛn de kɔmɔt frɔm Yu, D +ɔs we de gi<ɛnɛros ɛn di ɔri@in fɔ ɔl gudnɛs, trɛnk, ɛn blɛsin we de

^ ^ ^

^ Frɔm di gadin we di ples kin shayn, a kin pik fɔ una Aawa dɛn we gɛt layt fɔ put as ɔmbul ɔfrin na una fut

" ek di pierCing sta fɔ mi lɔ: fɔ Yu surge tru di atmosphere of mi sol, dispelling di fog of heedlessness ɛn di dakness of apathy Nɔ fɔgɛt mi, D " asta, i:in if a fɔgɛt Yu

" emba mi i:in if a no memba yu

^ ^ ^

" asta, blɛs wi so dat wi go li: wit gladi at ɛn op

$ɛ wi ɛn@ɔy wi wok dɛn na dis wɔl ɛn di fayn fayn tin dɛn we >ɔd mek we nɔ gɛt ɛnd ɛn we nɔ gɛt ɛnd

-p wi fɔ mek wi sɛns fayn so dat wi go test ɛn ɛn@ɔy di wɔndaful tin dɛn we >ɔd mek

-n lɛ wi siEin wit yu blɛsin Aawa ɔl di inosɛnt gladi at na layf

* i dɔn pul di bad ɛn pessimist we aw pipul dɛn kin tink we kin kil di gladi at we pɔsin kin gɛt we i de li: ɛn di gladi at we pɔsin kin gɛt na layf, we nɔ rayt

^ ^ ^

A dɔn de sɔfa fɔ lɔng tɛm frɔm di dak :ishɔn dɛn we de sho di tin dɛn we de na di wɔl ,nsted fɔ si yu, D yuni:asal spirit, mi yay de si di bɔdi we gɛt bɔdi we nɔ gɛt layf ɛn we nɔ gɛt layf

Blɛs mi so dat wit di sɛns we a gɛt sɛns a go si pan ɔltin we yu de blɛs yu

^ ^ ^

(ifayn wi mɛtal, D -:in AlkɛmistF ransfɔm wi wikɛdnɛs to trɛnk ɛn wi misguided tinkin to tru

ɔndastandin fɔ trut ɛn di hideous dɛbul dɛm fɔ wi selfsh ambitions to lofty, winged aspirations, wi penful ignoranCe to oli waesdom, ɛn di base raw materials fɔ wi idleness to di refned gold of sublime spiritual aChie:ements

^ ^ ^

D "asta, wit ɔmbul an dɛn a de kam nia Yu fɔ gi Yu mi wan ol bɔdi, imbuing mi beg dɛn wit di sɛnt fɔ di:ayn lɔ:F

>i mi di trɔst we inosɛnt pikin dɛn gɛt pan yu ɛn gi mi tɔtal de:oshɔn to yu

Blɛs mi so dat a go fl yu preEɛns biɛn di wɔd dɛn we a de pre

,nspɛkt mi fɔ fl yu preEɛns insay ɔl mi imɔshɔn dɛn

-n so dat a go no se yu sɛns we gɛt layt de mek a ɔndastand mɔ ɛn mek mi no oli

-n no fɔ tru se mi layf na wan tin we de sho yu layf we spɛshal ɛn we na wan kayn layf

^ ^ ^

D "asta, mi lɔ: fɔ Yu nɔ go ebul fɔ ayd wit wɔd dɛn we dɛn de tɔk ɔ sikrit dɛn we dɛn de wispa Bikɔs insay wan oli langwe@ we dɛn nɔ de tɔk, a go sho Yu mi lɔ: we ful/ɔp ɛn mi big big lɔng fɔ mit Yu

Yu :ɔys na kwayɛt, ɛn insay di kwayɛt we mi sol stil de, a go yɛri yu saful :ɔys

"ek a fl se yu dɔn lɛk mi ɔltɛm, pan ɔl we a nɔ bin ɛ:a no bifo

^ ^ ^

iCh wi, "asta, fɔ lɛk di bɔd dɛn, di animal dɛn, di slɛnd Aawa dɛn, ɛn di mumu gras dɛn we dɛn kin krɔs bɔku tɛm ɔnda wi fut dɛn we nɔ de tek tɛm

!i bɔku bɔku difrɛn difrɛn tin dɛn we >ɔd mek na tin dɛn we de sho se yu gɛt bɔku bɔku sɛns1 tru tru

masta wok dɛn frɔm yu an, we de mu: ɔltɛm ɛn we de shek shek

$ɛ wi si insay ɔl di tin dɛn we >ɔd mek yu spɛshal wok we nɔ de falamakataF

^ ^ ^

" asta, blɛs mi so dat a nɔ go si natin pas gud ɛn klin

+o dat a nɔ go yɛri natin pas wɔd dɛn we de mek a gɛt maynd ɛn siJ dɛn we de sho se >ɔd lɛk mi

>i mi yu gudnɛs, D +pirit we gɛt sɛnt wit ɛ:in smel, so dat a go inhal di fayn fayn sɛnt dɛn nɔmɔ we de mɛmba mi

" ek a @ɔs test simpul it we gɛt fayn fayn tin dɛn fɔ it

-n mek ɔl wetin a tɔCh mɛmba mi bɔt yu klin ɛn blɛsin tɔCh

^ ^ ^

" i kara:an of preya de set out to yu no mata di sand storm of despair we de blo pan am wan wan taim, de trai to hinder im progres

As a de go bifo na di oli prushɔn, a de si frɔm fa di oasis we yu de ɛnkɔre@ mi kwayɛt wan, ɛn mi trɛnk de gɛt layf bak ɛn mi mɔral de nyu, so a de dubl mi tray fɔ riCh to yu

* e a riCh di oasis fɔ gudnɛs, a go dip mi tɔsti lip dɛn fɔ fet insay di spring we yu gladi ɛn drink te a dɔn

^ ^ ^

! i wef dɛn we de mek yu oli :ɔys de rɔn pas ɔl na di ɛtɛ

! i yes dɛn we di tin dɛn we de ambɔg yu we yu de ɛn@ɔy yusɛf, nɔ ebul fɔ pik yu en@ɛl sɛmin dɛn

D ! i:ayn Brodkasta, mek di insChrumɛnt dɛn na wi maynd, we nɔ de gri wit yu naw, de in tune wit di ful kɔnsɛntreshɔn fɔ di prɛsis indikɛtɔ fɔ spiritual sɛns

iCh wi aw fɔ kapChɔ di ɛ:in myuEik ɛn spiritual myuEik we de riplin insay di ɛtɛ fɔ di sol

^ ^ ^

D " asta, opin mi spiritual insayt so dat i go gayd mi step ɔltɛm ɛn kip mi frɔm di dɛd/ɛnd rod dɛn fɔ selfshness

As a de waka na di twist ɛn tɔn dɛn na di kɔnshɛns ɛn di rod dɛn we de rɔn rawnd am, a go si ɛn rɔnawe pan di rud rud aywe pipul dɛn1 gridi, selfshness, ɛn nɔ tek di lɔ dɛn bɔt gud abit dɛn

D #l/)nowing ,nner $ight, sho mi di sɔl: fɔ ɔl di prɔblɛm dɛn na layf

^ ^ ^

A de mek dis oli :aw to misɛf1

!i san we a lɛk nɔ go ɛ:a go dɔJ frɔm di skay we a de tink bɔt yu ɔltɛm, D " asta

A nɔ go tɔn mi yay pan yu to ɛni ɔda tin pas yu

A nɔ go du ɛnitin we nɔ de mɛmba mi bɔt yu

Akshɔn dɛn we kɔmɔt frɔm we pɔsin nɔ no natin ɛn we pɔsin nɔ gɛt sɛns kin mek pɔsin drim bad bad drim ɛn drim dɛn we de mek pɔsin fred

" ek a @ɔs drim swit drim dɛn bɔt nobul a@ɔstmɛnt dɛn, bikɔs dɛn kɔmɔt frɔm Yu inspɛkshɔn ɛn gayd, D " astaF

^ ^ ^

D " asta, if di :el dɛn we di tin dɛn de mek ayd yu frɔm mi, aw lɔng yu go de ayd biɛn di fayn fayn kɔtin dɛn we gɛt lili, ros, klawd dɛn we de shayn wit gold kɔlɔ, ɛn nɛt dɛn we nɔ gɛt wan bɔt we gɛt layt ɛn sta dɛnG

Pan ɔl we i de ayd yu, a lɛk am bikɔs i de sho se yu de de

Bɔt, a want fɔ si yu @ɔs lɛk aw yu de, we yu nɔ gɛt di mask dɛn we >ɔd mekF

^ ^ ^

D * an we ! e +i #ltin, we nɔ de slip ɔ slipF

Yu si mi frɔm di f ks, nɔ Chen@ yay fɔ di san ɛn di mun we de Chen@ ɔltɛm -n wit wan ɔlistik luk, yu de waCh mi frɔm di bɔku bɔku pores dɛn na di spes ɛn di layt dɛn we de shayn pan di sta dɛn we de waCh

* it di tɔCh we di briE de tɔCh, yu de kɔt kɔt mi, ɛn tru mi padi biEnɛs we a de tink bɔt yu ɛn yu sa:ant dɛn, yu de shawa mi wit di blɛsin ren we yu sɔri fɔ

^ ^ ^

D kosmik :ɔys D :ɔys we nɔ gɛt ɛndF " ek a gɛt spiritual kɔnshɛns tru yu oli rɛsɔnans

, bin de ɛko tru mi, i bin de mek a ɔndastand mɔ frɔm di bɔdi to di yuni:as we nɔ gɛt bɔda

-n inspɛkt mi fɔ f l di puls we go de sote go fɔ di tin dɛn we >ɔd mek tru yu

^ ^ ^

Yu de mu: mi fut Yu de wok na mi an Yu de bit na mi at Yu de Aɔ wit mi briE -n yu de we: tink na mi maynd

Yu penetrating will de rɔsh ɛ:ride lɛk miteor insay di skay fɔ mi mɔtalman wil

" ek a miks wan drop pan mi layf insay yu kosmik si, so dat a go si di bɔbul fɔ mi smɔl sɛf de Aɔt pan yu big bɔdi

^ ^ ^

! i pikin dɛn we nɔ gɛt mama ɛn papa ɛn di wan dɛn we wund dɔn yɛri bɔt yu gudnɛs ɛn sɔri/at, ɛn na ya dɛn de na yu domɔt Yu go tɔn dɛn bak wit disapɔynt ɛn nɔ gɛt kɔre@G

Dh, if na yu an we yu nɔ de si go ebul fɔ was di kray wata we de bɔn na di yay fɔ di wan dɛn we gɛt at brok ɛn sol we de sɔfa

! i wan dɛn we dɔn lɔs na di rod dɛn we ilyushɔn ɛn ful, udat dɛn go tɔn to ɛn udat dɛn go luk fɔ ɔda wan pas Yu @enaros domɔtG

* e yu de kam, dɛn prɔblɛm dɛn go dɔn ɛn dɛn prɔblɛm dɛn go dɔn

D " asta, es di :el so dat wi go si Yu fes we gɛt sɔri/at ɛn we gɛt sɔri/at

^ ^ ^

D di:ayn :ɔys we oli pas ɔl, ala na di shore na mi sol ɛn brok di bar dɛn fɔ tink bɔt prɔpati, so dat a go fri frɔm di priEin na di bɔdi

" ek a yɛri we a de tink gud wan bɔt yu saful saful si rɛsɔnans na mi bɔdi, maynd, ɛn spirit ɛn na mi ɔda say dɛn we de rawnd mi, ɛn f l se i de skata to ɔl di smɔl ɛn big siti dɛn, ɛn to di wɔl, di solar sistem ɛn di wan ol yuni:as

-n fɔ rili no mi bɔku bɔku ɛgEistens insay di big bɔdi we >ɔd mekF

^ ^ ^

D di:ayn Aawa we de sote go, yu de trowe smɔl smɔl spak dɛn fɔ yu di:ayn raytin insay mɔtalman sol ɛn maynd, we de sho se yu gɛt smɔl smɔl, smɔl, ɛn we skata Bɔt stil yu stil de bi di wangren, we nɔ gɛt ɛnd sɔs fɔ ɛ:ri faya ɛn layt we de

^ ^ ^

D * an we de win sote goF -p mi fɔ gɛt fayn fayn kwaliti dɛn insay misɛf1 so@aman dɛn we gɛt kol at ɛn kɔntrol misɛf fɔ win di fɛt agens di ɛnimi dɛn we rili bad1 :ɛks, lay, ɛn nɔ tɛl tɛnki

+o a go es ɔp di kɔna dɛn na mi layf di ban fɔ yu rayt, we pas ɔl ɛn we pɔsin nɔ go ebul fɔ pas

^ ^ ^

D ! i:ayn +pirit, lɛ wi tek ɛni duty we impɔtant pas di oli duty fɔ no Yu Bikɔs ɛ:ri akshɔn, ilɛk wetin i bi, na tru di pawa we Yu gi wi fɔ a@ɔst

+o, lɛ wi lɛk yu pas ɔl ɔda tin, bikɔs if yu nɔ gɛt di gudnɛs we yu gɛt fɔ yu layf ɛn lɔ: wi nɔ go ebul fɔ li: ɔ lɛk yu atɔl

^ ^ ^

D Nɔt +ta we go de sote goF -nisay we a de waka ɛn tɔn, di magnɛtik kɔmpas nidul na mi maynd de kɔntinyu fɔ pɔynt to yu

,lɛksɛf di briE we kin blo wantɛm wantɛm de blo mi ɔ di ren we kin kam wit prɔblɛm ɛn bad bad tin kin wet mi, pan ɔl dat, gayd mi maynd fɔ tɔn to yu sote go

" i lɔ:, lɛk bɔd we de Aap in wing midul di klawd dɛn we kɔnfyus ɛn di big big briE we de mek pipul dɛn kɔnfyus, go mɔs fɛn in we to yu

^ ^ ^

D >ret !i:ayn Plɛya, blo insay di Aut fɔ ɔl rili@ɔn di myuEik fɔ Yu wɔndaful wanwɔd, ɛn mek di oli myuEik kɛr ɔtɛnɛtik tiun dɛn fɔ Yu spirit, we riCh wit ɔri@inal ɛn kriayti:

" ek wi harmoniEe wit yu en unite di melodies of wi hat in wan hymn we wi rayE to yu No god nor de bot >odF

^ ^ ^

D " asta, to Yu a de rayE dis prea1

,lɛksɛf di tin dɛn we a gɛt bɔku ɔ smɔl, gi mi di pawa fɔ gɛt ɔl wetin a nid ɛ:ride

^ ^ ^

A de ripit mi at beg pan di rosary fɔ lɔ:, in bidE dɛn strɛCh togɛda wit di trɛd we gɛt lɔng Blɛsin nem dɛn1 >ɔd, di Yuni:asal +pirit, Brahma, Papa we de na ɛ:in, !i:ayn "amaKɔl na Yu oli nem dɛn

,nsay yu kɔsmik ripreshɔn pan di ste@ dɛm fɔ di e@ dɛm, yu dɔn tek bɔku bɔku apia ɛn ime@ dɛm, @ɔs lɛk aw yu dɔn tek bɔku nem dɛm, bɔt yu nature stil bi wan ɛn nɔ de Chen@, we na blɛsin we go de sote goF

^ ^ ^

D >ɔd fɔ di yuni:asal lɔ, ɛp mi fɔ wɛr mi wund ɛn skata dɛn, we dɛn bɔn frɔm bad bad tin ɛn tray, as

mɛdal ɛn badge fɔ kɔrɛkt we Yu di:ayn @ɔstis in an gi mi, we nɔ no ɛnibɔdi

" ek di prɔblɛm dɛn we a de gɛt ɛ:ride bi lɛk mɛrɛsin fɔ mek a nɔ gɛt lay lay tin ɛn fɔ ful mi, ɛn mek a nɔ gɛt lay lay op fɔ gɛt gladi at na di wɔl

A wish se di kray wata we a de kray bikɔs ɔda pipul dɛn de du bad bad tin dɛn, go was di dɔti ɛn dɔti dɛn we ayd na mi maynd

-n mek ɛ:ri shap blow frɔm di pikaks fɔ distɔbishɔn opin nyu dip sɛns ɛn ɔndastandin insay mi

A wish se di daknɛs we nɔ oli we ɔdinari layf de mek a fred so dat a go rɔn fɔ luk fɔ di ɔrayEin dɛn we yu klin ɛn yu layt we de mɛn yu

$aif in sting ɛn blow dɛn we de blo wantɛm wantɛm de fos mi fɔ kray, fɔ aks fɔ yu ɛp

-n mek di dig we dɛn dig bɔt tin dɛn we de mek a fl pen na di grɔn na mi layf, sho di bɔku bɔku spring dɛn we de Aɔ ɔltɛm fɔ yu kɔre@

A wish se di bad bad we aw ɔda pipul dɛn de rɔf, go fos mi fɔ mek a fayn wit saful ɛn du gud, ɛn di wɔd dɛn we mi kɔmpin dɛn de tɔk we de mek a fl bad go mɛmba mi fɔ yuE swit wɔd dɛn nɔmɔ

,f wikɛd maynd dɛn trowe ston pan mi, a go mit dɛn wit padi pro@ɛktɛl dɛn we gɛt gud intenshɔn

$ɛk di @asmin tik we de skata in Aawa dɛn we gɛt fayn fayn sɛnt na di an we de briJ di aks dɔJ pan in trɔnk, so lɛ a skata di ros peta dɛn fɔ fɔgi: pan ɔlman we de trit mi wit kol ɛn et

*7 - *7 ; - !

*7 7 3 ,

!i flin fɔ di:ayn preEɛns we yu de tink gud wan de ful di maynd wit pis ɛn Cha@ di bɔdi wit impɔtant ɛna@i

^^^ 2

ru dip, kwayɛt spiritual kɔmyuniɔn ɛn bay we i de dayrɛkt tink ɛn flin to >ɔd, di pɔsin we de luk fɔ am kin fl gladi at we de go ɔp, ɛn dis gladi at na pruf we pɔsin kin si fɔ tɔk to >ɔd ɛn tɔCh ,n blɛsin preEɛns

^^^ 2

A si yu de plant di grɔn na mi sol wit di plɔg fɔ tɛst ɛn trɔbul, skata di sid dɛn fɔ yu sɛns na in fɔro dɛn a kɔntinyu fɔ wata dɛn sid dɛn de, ɛn we di san we yu gɛt sɔri/at shayn pan dɛn, dɛn gro ɛn gro fayn fayn wan, dɛn de bia wan blɛsin a:ɛst fɔ satisfay ɛn satisfay

^^^ 2

* e pɔsin kam fɔ no >ɔd, i nɔ de fl igen se ɔda pipul dɛn difrɛn frɔm am

^^^ 2

Pipul dɛn we gɛt sɛns kin balans ɛn nɔ gɛt wanwɔd pan ɔl we di tin dɛn ɛn di tin dɛn we de apin kin Chen@, ilɛksɛf dɛn difrɛn

^^^ 2

>ɔd na di ɔltimat kɔsmik prayE ɛn di big big bɛnift we de

D " asta, frɔm dis de a go du ɔl wetin a ebul fɔ no Yu ɛn du mi bɛst fɔ kam nia Yu ɛn fl Yu lɔ: we a nɔ fɔgɛt ɔ fɔgɛt bɔt mi wok dɛn na di wɔl, ɛn a go du ɔl mi wok dɛn as klin ɔfrin to Yu, ɛn na so a go gɛt Yu fay:

^^^ 2

>ɔd na di sɔs we gɛt sɛns ɛn inspɛkshɔn we de shayn ,n na di blɛsin sɛnt we de kɔmɔt frɔm ɔl gud at ,n na di gadin we gɛt ros dɛn we de na ɛ:in ɛn Aawa dɛn we gɛt dyu fɔ tink ,n na di big big lɔ: we de inspɛkt ɛn gi wi lɔ:

^^^ 2

>ɔd dɔn sho insɛf to mi na di ɔrayEin dɛn we gɛt kol at, ɛn a dɔn test ,n gladi at na di say dɛn we a de

kɔmɔt, ɛn a dɔn yɛri in :ɔys na mi kɔnshɛns we dɔn wek, ɛn wit ful awareness a de gɛt ,n layt we de ɔlsay na mi ɔltɛm

^^^ 2

ink na di mɔs Aeksibul pan fɔs bikɔs na di mɔs subtil ɛn transparent :aybreshɔn fɔ kɔnshɛns Yu kin brok tink dɔJ to inf nitesimal yunit dɛm, yet yu nɔ go ɛ:a riCh di ɛnd

Pɔsin nɔ fɔ kɔnfyus insɛf na di smɔl priEin we i de tink bɔt insɛf nɔmɔ, bɔt i fɔ put ɔda pipul dɛn insay di tin dɛn we i dɔn du ɛn gladi at, fɔ bi insChrumɛnt fɔ di wok we >ɔd want * e wi de tink bɔt wisɛf, lɛ wi tink bɔt ɔda pipul dɛnℕ we wi de luk fɔ pis, lɛ wi luk fɔ am fɔ ɔda pipul dɛn bak ! i wan dɛn we de wok fɔ mek ɔda pipul dɛn gladi, >ɔd go blɛs ɛn blɛs dɛn

^^^ 2

" ek a tink bɔt yu te yu bi mi wangren tin we a de tink bɔt

^^^ 2

! i yuni:as we wi de si na drim insay drim " ata nɔto @ɔs 7frɔEɛn7 ɛna@i, bɔt na 7frɔEɛn7 kɔsmik kɔnshɛns bak

^^^ 2

" asta, ɛp mi ɛn gayd mi ɔndastandin ɛn trɛnk so dat a go briJ yu layt to dak maynd dɛn, so dat dɛn go gɛt layt ɛn shayn wit di raytin fɔ yu sɛns -n tru di pawa we sɔri/at fɔ fɔgi:, mek a kam to yu wit ɔl di brɔda ɛn sista dɛn we de stɔp na di rod dɛn we de mek pipul dɛn sɔfa

^^^ 2

-nibɔdi we want fɔ no >ɔd fɔ gɛt di ay ay lɔ: na in at, lɛk pɔsin we misɛf we lɛk mɔni, pɔsin we lɛk pɔsin we want di pɔsin we i lɛk, ɛn pɔsin we de drawn ɛn we want fɔ blo

^^^ 2

! i gladi at we pɔsin kin gɛt we i gɛt prɔpati kin stɔp ɛn i kin dɔn, bɔt di gladi at we >ɔd kin gɛt, we pɔsin nɔ kin ebul fɔ tɔk bɔt, nɔ kin ɛ:a stɔp ɔ nɔ de igen

^^^ 2

" ek di briE we di di:ayn lɔ: de blo, mek yu brayt smayl dɛn, so dat dɛn layt go drɛb ɛn drɛb di daknɛs kɔmɔt na ɔda pipul dɛn at

^^^ 2

<ɛnɛral wan, lɔ: nid bɔku bɔku saykilɔ@ik trɛnk pas fɔ et, yet di wan dɛn we gɛt sɛns kin si lɔ: iEi pas fɔ et bikɔs dɛn de si ɔl di tin dɛn we >ɔd mek as pat pan di ay sɛf ɛn we gɛt fɔ du wit di kɔsmik kɔnshɛns

^^^ 2

Pis na di mɛrɛsin fɔ ɛni sik, ɛn pipul dɛn we dɛn at ful/ɔp wit lɔ:, we de ɛn@ɔy fɔ gɛt kol at, ɛn we gladi fɔ du gud tin, no di teys fɔ pis, we na wan kɔndishɔn we nid ɛn na wan impɔtant pila fɔ ɛ:ri gladi gladi layf

^^^ 2

>i lɔ: to di wan dɛn we gɛt at at, pis to di wan dɛn we de wɔri ɛn pwɛl at, swit to di wan dɛn we de sɔfa wit bita wamat, gladi to di wan dɛn we gɛt lod fɔ sɔfa ɛn pen, ɛn bi gud ɛgEampul to di wan dɛn we de waka na di rod dɛn we de mek mistek

^^^ 2

Natin nɔ de we pas ɔnɛs ɛn sinsi we yu de dil wit ɔda pipul dɛn , iEi fɔ mek padi dɛn we yu nɔ gɛt wanwɔd, bɔt i nɔ pɔsibul fɔ kip padi dɛn we yu nɔ gɛt wanwɔd

^^^ 2

+ublaym stet dɛn de fɔ kɔnsɛntreshɔn, ɛn we di pɔsin we de tink gud wan riCh dɛn stet dɛn de, i kin gɛt ɛkstra ɔdinari stet dɛn we gɛt spiritual gladi ɛn glori :ishɔn dɛn, ɛn i kin ala se1

7 * etin a bin de luk fɔ ɔlsay, a fɛn wit mi ɛn insay mi, ɛn a de si in layt biɛn di wɔl dɛn we dak ɛn fl in preEɛns na di dip saylɛns72

^^^ 2

! i:ayn lɔ: na gadin we gɛt ros dɛn we de na ɛ:in ɛn tin dɛn we de shayn, we de blo , de gi wi lɔ: tin fɔ it, mek wi fl fayn, ɛn mek wi gladi drim dɛn apin

^^^ 2

" asta, ilɛk wetin a de mit, a no se dɛn ripresent di nɛks step fɔ mi spiritual growth a go wɛlkɔm ɔl di prɔblɛm dɛn bikɔs a no se a gɛt di maynd, ɔndastandin, ɛn trɛnk fɔ win Wdi tin dɛn we de ambɔg ɛn di prɔblɛm dɛn we de kam mi weX2

^^^ 2

Pan ɔl we natura sayɛnsman dɛn dɔn no naw se matirial nɔto natin pas ɛna@i we trɔp, tiCha dɛn we gɛt sɛns dɔn ebul fɔ muf frɔm tiori no to prɛktikal aplikeshɔn insay di fld fɔ kɔntrol matirial

^^^ 2

,f yu dɔn mekɔp yu maynd fɔ gladi na yu layf, natin nɔ go ebul fɔ pul yu gladi at pan yu

^^^ 2

)lin di:ayn lɔ: de ful di pɔsin we lɛk in sol wit fayn fayn tin dɛn, i de mek di " asta fɔ di Yuni:as pe atɛnshɔn to am, ɛn i de drɔ ,n lɔ: we go de sote go

^^^ 2

A no bɔku big big biEnɛsman dɛn we gɛt sɛns, we, dip dɛn at, kin want fɔ no >ɔd ɛn gɛt sɛns, bɔt pan ɔl dat, dɛn kin tay dɛn wok ɛn bɔku soshal kɔmitmɛnt dɛn, ɛn we dɛn de du dat, dɛn kin sakrifays di wok dɛn we impɔtant pas ɔlK dɛn duty to >ɔd, postgrɛdyut stɔdi, ɛn layf layf na osK na di ɔlta fɔ mɔni ɛn kɔmitmɛnt dɛn we nɔ gɛt bɛtɛ :alyu ɛn we impɔtant

! i * an we mek wi want wi fɔ lɛk am wit klin, spontan lɔ: ɛn wi nɔ go no di teys fɔ gladi pas wi gi wi lɔ: to >ɔd

^^^ 2

A go win prawd wit ɔmbul, :ɛks wit lɔ:, gladi at wit kol at, selfshness wit altruism, bad wit gud, ignoranCe wit sɛns, ɛn wɔri wit kol ɛn pis

^^^ 2

,nsay wi at, wan at we gɛt sɔri/at fɔ de we de mek ɔda pipul dɛn wund kol ɛn pul sɔri/at ɛn pen na dɛn at

^^^ 2

! i tiCha Paramahansa tɛl wan pan di studɛnt dɛn se1

7Yu gud abit dɛn de ɛp yu na ɔdinari ɛn famili sikɔstɛms, bɔt dɛn nɔ kin du fɔ stiar di kɔs fɔ yu layf we prɔblɛm kam ɛn we di nid fɔ innate disCernment de apin ,f yu tink gud wan, yu kin ɔltɛm difrɛns bitwin wetin rayt ɛn wetin rɔJ ɛn mek di rayt disiEhɔn pan ɔltin, i:in if yu de gɛt tin dɛn we nɔ kɔmɔn72

^^^ 2

* i nɔ go ebul fɔ li: witout >ɔd fɔ i:in wan sɛkɔn , de kia wi wit saful briE, gi wi trɛnk frɔm di san in rayt, ɛn gi wi di it we wi de it , de na ɔda pipul dɛn we de arawnd wi dɛn at, ɛn na in nɔmɔ wi kin tek as wi lɛk ɛn wi yon

^^^ 2

Fɔ ɔmbul gɛt swit, fayn sɛnt we de mek ɔlman lɛk di pɔsin we ɔmbul

^^^ 2

* i fɔ tren wisɛf fɔ tink bɔt big big tin dɛn lɛk fɔ sote go ɛn we nɔ gɛt ɛnd

^^^ 2

>ɔd de sho in wok dɛn we pas ɔl di ɔda tin dɛn we >ɔd mek, bɔt i nɔ de sho se i ayd ɛn ayd insay dɛn fayn fayn tin dɛn de

^^^ 2

,f yu gɛt strɔng maynd ɛn plant am na di grɔn we gɛt strɔng maynd, ɛn if yu fet dip, yu kin ebul fɔ put yu ayd dɛn ɛn a@ɔst bɔku tin dɛn na grɔn

^^^ 2

$aif fɔ simpul, ɛn tin dɛn fɔ handle wit iEi ɛn kɔmfɔt >ladi at de pan fɔ gɛt tɛm fɔ tink ɛn tink bɔt yusɛf ray fɔ spɛn tɛm yu wan wan wan tɛm, ɛn@ɔy di pis we de insay yu we de kɔmɔt frɔm kol at ɛn kol at

^^^ 2

,:ɛl gɛt in pawaɴ if yu fala in rod dɛn, i go win yu ,f yu slip, yu fɔ go bak wantɛm wantɛm to di rod dɛn we de sho se yu de wɔship >ɔd ɛn we de du wetin rayt

^^^ 2

Aksept, D " asta, di lɔng we mi sol want ɛn di lɔ: we a dɔn ayd fɔ yu fɔ lɔng lɔng tɛm na di trɔs na mi at

,nsay di oli ples we mi kol at, a plant gadin fɔ yu ɛn mek am fayn wit di ros dɛn we a lɛk

* it wan at we want, wan maynd we want, ɛn wan sol we want, a de put ɔl di Aawa dɛn we mi spiritual lɔng ɛn di di:ayn lɔ: we a gɛt, na Yu bi we de kɔba ɔltin in fut

^^^ 2

A go grit ɛ:ride bay we a de tink bɔt >ɔd ɛn tink gud wan bɔt am

-:ri sta we de shayn na di skay, ɛ:ri klin tink, ɛ:ri gud tin we a de du na winda we a de luk to yu, mi >ɔd

" ek a yɛri yu :ɔys, " asta, insay di ke: fɔ tink gud wan a go fɛn gladi at we go de sote go na ɛ:in insay misɛfɴ den pis go ful mi at ɛn mi biin insay ɔl tu di stil ɛn akti:iti

^^^ 2

-mpɛsh kol ɛn pis ɛn sɛn tink bɔt lɔ: ɛn gud/wil if yu want fɔ li: wit pis ɛn wanwɔd na dis wɔl

^^^ 2

Bɔku pipul dɛn na kabɔn kɔpi fɔ ɔda pipul dɛn, dɛn de falamakata wetin ɔda pipul dɛn de tɔk ɛn du Pɔsin fɔ bi spɛshal ɛn sho di bɛst pan in spɛshal nature

^^^ 2

,f yu nɔ gɛt op fɔ gɛt gladi at, gladi ɛn nɔ lɔs op Bikɔs yu sol na tin we de sho di >ret +pirit we de gladi ɔltɛm, ɛn insay in men tin, na in de mek yu gladi

,f yu lɔk di yay fɔ yu maynd fɔs, yu nɔ go ebul fɔ si di brayt san fɔ gladi at na di ɔrayEin na yu layf Bɔt ilɛk aw yu tayt yu maynd in yaylid, di san we gɛt gladi at go stil tray fɔ go insay di klos rum dɛn na yu maynd

Dpin di winda dɛn we gɛt kol at ɛn yu go si wan wantɛm wantɛm gladi at insay yusɛf, bikɔs yu kin no di rayt we di gladi gladi spirit de gi if yu tɔn yu tinkin insay

^^^ 2

" editashɔn de klia di kɔsmik fɔg we di sɛlf/ awareness bigin fɔ go ɔp to ay le:ul ɛn ɔrayEɔn fɔ ɛgEistens

#Iman we de mek tin dɛn, na di tin dɛn we i nid de drɛb amN neCessity is the mother of in:ention +emweso, di wan dɛn we gɛt sɛns bin biKout of neCessityKardent spiritual seekers !ɛn bin kam fɔ no se if pɔsin nɔ gɛt satisfay insay pɔsin in at, no bɔku gud tin we pɔsin kin gɛt na do nɔ go ebul fɔ briJ gladi at we go de sote go

* an mun de pul di daknɛs na nɛt +emweso, wan sol we >ɔd in layt ɛn in no de shayn, sol we gɛt rut insay di:ayn lɔ:, de pul di daknɛs na ɔda pipul dɛn sol ɛnisay we i go, de spre di layt fɔ lɔ:, ɔndastandin, ɛn pis

^^^ 2

Fɔ gɛt padi, wi fɔ sho tru tru lɔ: to ɔda pipul dɛn !i wan dɛn we de opin di magnɛtik domɔt fɔ padi

biEnɛs go atrak sol dɛn we gɛt di sem :aybreshɔn WinClinations and temperamentsX2

^^^ 2

>ladi at de pan fɔ mek yu kɔntinyu fɔ gɛt klia maynd tru ɔl di tɛst ɛn ɛkspiriɛns dɛn we de na di wɔl we gɛt tu kayn tin

^^^ 2

* e di at de wit pɔsin, i de drɔ ɔl di kwaliti dɛn we da pɔsin de gɛt -nibɔdi we tink bɔt gud pipul dɛn, dɛn gudnɛs de transfa to am, ɛn ɛnibɔdi we de pe atɛnshɔn wit lɔ: fɔ inspɛkt pipul dɛn, inspɛkshɔn de kam to am, ɛn ɛnibɔdi we de @ɔyn, i:in insay tinkin, wit di wan dɛn we gɛt layf kɔnshɛns, nobul gud abit, ɛn ɔnaful intenshɔn, de sheb dɛn nobiliti ɛn gud abit, bikɔs di maynd de atrak lɛk magnet Wɛn lɛk atrak lɛkX

^^^ 2

* e wata we de Aɔd we gɛt bɔku bɔku lɔ: fɔ >ɔd, ambɔg di at fɔ di sol we de want am, wɔd dɛn nɔ kin ebul fɔ tɔk bɔt di ɛkspiriɛns !is lɔ: na sikrit fɔ di sol, na dip kɔnekshɔn wit >ɔd, lɛk oli faya we de bɔn di daknɛs na insɛf, we de alaw di pɔsin we de luk fɔ am fɔ no >ɔd in layt ɛn fl se i de nia am

^^^ 2

+mɔl kɔp nɔ kin ebul fɔ gɛt di si insay am +emweso, mɔtalman kɔnshɛns, we di bɔdi ɛn maynd kɔnstrakshɔn dɛn we de mek pɔsin no bɔt tin dɛn, nɔ kin ebul fɔ gɛt di kɔsmik kɔnshɛns, ilɛksɛf di want strɔng Bɔt, tru dip ɛn kɔnsistɛns mɛditɛshɔn, mɔtalman kɔnshɛns kin ɛle:ɛt ɛn in sɛns kin brayt te i tɔCh di kɔsmik kɔnshɛns

^^^ 2

* an tɛm, wan man na Nyu Yɔk kam nia mi Wwantɛm afta a dɔn wan pan mi lekChɔ dɛnX ɛn insist se i kin lɛf in fEik bɔdi ɛn tra:ul na in astral bɔdi a tɛl am se, 7A nɔ bili: se Yu de ima@in se yu gɛt da abiliti

de7 Bɔt i insist fɔ tɛst mi, so a gri, se, 7Bɛri wɛl, dɔn go dɔJ na yu astral bɔdi ɛn tɛl mi wetin de na di restorant7 , bin de silent fo wan moment, den se, 7>rand piano de na di rait/an kona7 a no se i de ima@in am bikos in brith en puls na normal, so a se, 7Dn di kontri, a tink se if yu go de, yu go fain tu ledi dem sidon roun wan tebul7 , skof mi sa@eshon, so a se, 7$etQs go to the restaurant together now7 * e wi riCh, wi go na di kɔna we i tɔk bɔt, bɔt piano nɔ bin deN bifo dat, wi fɛn tu uman dɛn we sidɔm rawnd wan tebul Fɔ dɔn, wi padi kam fɔ no se in yon lay lay tin dɛn dɔn ful am

Fet pan >ɔd ɛn wanwɔd we de insay in at na di big ɛp ɛn sɔpɔt fɔ pɔsin fɔ bia di lod dɛn na layf

^^^ 2

* i fɔ lisin to >ɔd in :ɔys we de ɛko insay fayn fayn tin dɛn >ud tinkin tan lɛk tin dɛn we >ɔd ɛn en@ɛl spirit dɛn de mek fɔ gayd ɛn ɛp wi +etan, insɛf de tray fɔ put mɔtalman ɔnda in +etan wispa, we de sho as bad tin dɛn, bad tin dɛn we i want fɔ du, ɛn tin dɛn we nɔ klin we dɛn nɔ fɔ alaw fɔ tek di say we dɛn de tink ɛn dɔti di ples we wi de tink

^^^ 2

* e pɔsin we de luk fɔ in prea kɔmɔt na di dip pat na dɛn at, dɛn wɔd dɛn kin ful/ɔp wit lɔ: fɔ >ɔd, ɛn ɔda pipul dɛn kin fl in spiritual impak ɛn ɛkspiriɛns di:ayn lɔ: we dɛn de bifo Bɔt if da pɔsin de we de luk fɔ am nɔ gɛt trɛnk, di wan dɛn we de rawnd dɛn kin tif da lɔ: de frɔm dɛn ! is kin apin we dɛn bigin fɔ preE ɛn admaya dɛn spiritualiti ,f dɛn bigin fɔ it di flin se dɛn big bikɔs dɛn kin inspɛkt ɔda pipul dɛn, wikɛdnɛs kin kres in, prawd kin tek dɛn at, ɛn dɛn nɔ kin lɛk >ɔd igen bikɔs ɔf dat

^^^ 2

" ɔtalman maynd de strɔng tru fɔ fɛt sik ɛn win prɔblɛm -nitin we mek di maynd wik na ɛnimi, ɛn ɛnitin we mek i strɔng na ples fɔ pis Fes di tin dɛn we de apin na layf wit kɔre@ ɛn strɔng >ɔd dɔn sho mi se dis layf na kɔsmik drim * e wi spiritual kɔnshɛns wek, wi kin mɛmba layf in ɛkspiriɛns dɛn as drim we de pas we wi de gladi ɛn sɔri, ɛn wi kin rili no se wi nɔ de day insay >ɔd

^^^ 2

! i sɛnsman we nem Paramahansa tɛl wan pan in disaypul dɛn se1

' kspand di bɔda dɛm fɔ yu kiJdɔm fɔ lɔ: fɔ inklud yu famili, yu neba dɛm, yu kɔmyuniti, yu kɔntri, ɔl kɔntri dɛm, ɛn ɔl di tin dɛm we gɛt layf Bi wan yuni:asal padi we in at ful/ɔp wit sɔri/at ɛn gudnɛs to >ɔd in kriChɔ dɛm, ɛn spre lɔ: ɔlsay

^^^ 2

! i pɔsin we de Chɛk at nɔ want natin frɔm wi pas wi at

Nɔto fɔ luk fɔ >ɔd fɔ yusɛf, bɔt bikɔs dɛn want am, want am, ɛn beg am wit klin lɔ: we nɔ de shek shek, ɛn we de pe atɛnshɔn pan am

* e di lɔ: we pɔsin gɛt fɔ >ɔd ikwal to di we aw i lɛk in bɔdi we de day, na da tɛm de >ɔd go kam to am

! i wan we nɔ keCh pal we i day: wan ɔ tu tɛm, nɔ fɔ blem di si, bɔt i fɔ blem di we aw i de day: ɛn di we aw i nɔ dip

-nibɔdi we de go dip dip wan insay di si we gɛt kɔnshɛns go fɛn di pal we de sho se >ɔd de

^^^ 2

Pis na di drink we de kɔmɔt na ɛ:in we dɛn de tɔn frɔm di pitCha dɛn we nɔ gɛt wanwɔd

Biɛn di grey klawd dɛn we gɛt disapɔyntmɛnt ɛn frustrashɔn fɔ sɔm tɛm, di raytin fɔ di tin dɛn we dɛn dɔn du kin shayn brayt brayt wan

^^^ 2

>ladi at, sakrifays, ɛn pis na maynd kin kɔmɔt frɔm we yu tray fɔ mek tin gri wit wetin >ɔd want bay we yu de tink gud wan ɛn beg am, we na di pawa we de mek di klos fɔ layf gri wit di pawa dɛn we de na di wɔl

^^^ 2

! i moti:eshɔn na layf fɔ bi fɔ du gud tin ɛn fɔ spre wan aura fɔ lɔ: ɛn pis

^^^ 2

Yu nature nɔ de Chen@, so nɔ lod yusɛf wit matirial kɔnstrakshɔn ɛn di wɔl limiteshɔn ransfɔm ɛ:ri rigrɛt fɔ mis Chans to optimism fɔ nyu a@ɔstmɛnt dɛm we go briJ yu satisfayshɔn ɛn gladi

^^^ 2

" ek yu layf simpul so dat yu go gɛt bɔku tɛm fɔ ɛn@ɔy di smɔl smɔl tin dɛn we yu de ɛn@ɔy na layf

^^^ 2

,nsay ɛni atɔm na dis wɔndaful ɛn wɔndaful yuni:as, >ɔd de du mirekul dɛn we i nɔ de stɔp

^^^ 2

>ɔd na di layt we de pul di daknɛs we nɔ no natin ɔltɛm Na in na di ri:a we de gi layf we de gi wi sol in grɔn tin fɔ it

^^^ 2

* anwɔd tinkin de prodyuE harmoni ɛn agrimɛnt na dis wɔl we tan lɛk se i ful/ɔp wit ɔl kayn dissonanCe ɛn disCord

^^^ 2

! i impuls fɔ du nobul ɛn fayn fayn tin dɛn insay wi kapasiti na di kriyayti: fɔs biɛn ɛ:ri :alyu a@ɔstmɛnt * i de tray fɔ pafɛkt bikɔs wi sol dɛn kin want fɔ kɔnɛkt bak wit dɛn spiritual nature ɛn impɔtant wanwɔd wit dɛn di:ayn sɔs

^^^ 2

* i de ya tide ɛn tumara wi go kɔmɔt, @ɔs shado dɛn na wan kɔsmik drim Bɔt biɛn di nɔ rial tin dɛn we dɛn ime@ ya we de pas kwik kwik wan, na di trut we go de sote go fɔ di sol

^^^ 2

Pipul dɛn we gɛt sɛns nɔ want mek yu obe dɛn, bɔt if yu gri fɔ tek di gayd we dɛn de gayd yu, dɛn go mɔs tɛl yu di tru ɛn wetin bɛtɛ fɔ yu, wit ɔl dɛn ɔnɛs ɛn nɔ de tek wan pɔsin bɛtɛ pas ɔda pɔsin

^^^ 2

Bi tik we gɛt layf we de gro ɛn sɛn nyu trɔnk ɛn branCh dɛn !i wan dɛn we gɛt strɔng at se1

7(ays of san shain de fo wi laif, and wi get Chans fo wok and unleash op and branCh of aChie:ement72

^^^ 2

Natin nɔ de we pas fɔ ɔnɛs ɛn fɔ du tin wit ɔl wi at we wi de trit ɔda pipul dɛn

^^^ 2

!u yu bɛst, dɔn rɛst ɛn rilaks ɛn mek tin tek dɛn natura kɔs instead fɔ tray fɔ Chen@ dɛn bay fos

^^^ 2

" asta Paramahansa bin ɛnkɔre@ wan pan in disaypul dɛn se1

,f yu prea riCh to >ɔd, i nɔ mata if yu sin dɛn dip pas di si we dak ɛn ay pas di &imalayasN >ɔd go fɔgi: dɛn ɛn ires dɛn lɛk se dɛn nɔ ɛ:a apin, as lɔng as yu dɔn mekɔp yu maynd fɔ nɔ ripit dɛn Yu kin sink fɔ sɔm tɛm ɔnda layt dɛn we gɛt daknɛs, bɔt yu na spak we de kɔmɔt frɔm di faya we kɔmɔt frɔm >ɔdKna faya we de kɔmɔt na di tɔCh we de sote go, we nɔ de sote go we nɔ de ɛ:a dɔn ɔ day Yu kin mek di faya dak, bɔt yu nɔ go ebul fɔ ɔt am

^^^ 2

,f yu yuE yu wil ɔltɛm, wit kol at, ɛn strɔng wan, dat go mek di kɔsmik fɔs dɛn bigin fɔ mu: ɛn briJ kam ansa frɔm di " asta fɔ di Yuni:as dɛn

^^^ 2

Bɔku pipul dɛn nɔ bili: se i nid fɔ analayE di kayn we aw lɔ: tan !ɛn de difayn am as di flin we dɛn gɛt fɔ dɛn fambul, padi, ɛn ɔda pipul dɛn we dɛn fl se dɛn gɛt strɔng atrakshɔn to bɔt lɔ: so pas dat !i wangren we we a go diskrayb tru lɔ: to yu na bay we a de diskraib di ifɛkt we i gɛt pan di sol Fɔ fl i:in wan smɔl smɔl spak fɔ di:ayn lɔ: de ful pɔsin wit so ɔ:awɛl gladi we i at fɔ Contain it !i satisfayshɔn we lɔ: de briJ lay nɔto pan di flin fɔ lɔ: insɛf, bɔt na di gladi at we i de briJ ru lɔ: de gi wi gladi at we wi nɔ go ebul fɔ tɔk bɔt

^^^ 2

!i bɔdi in layf pawa fɔ de tru wan balans it, optimism, ɛn smayl !i wan dɛn we de fɛn gladi at insay dɛnsɛf de diskɔba se dɛn bɔdi gɛt Cha@ wit ilɛktrik kɔrɛnt we kɔmɔt frɔm layf ɛna@i, we gɛt tayt kɔnekshɔn to di:ayn wil ɛn di yuni:asal maynd +mayl rili bɛnift to wɛlbɔdi , de atrak pɔsiti: :aybreshɔn, opin ɔrayEɔn fɔ optimism, ɛn briJ insay pis ɛn saykilɔ@ik ɛnkɔre@

^^^ 2

!i wan ol wɔl dɔn fɔgɛt di tru minin fɔ di wɔd 7lɔ:,7 ɛn i sɔri fɔ no se dɛn nɔ ɔndastand am ɛn yuE am di rɔJ we <ɔs lɛk aw dɛn kin si ɔyl na ɛ:ri pat pan di ɔli:, na so lɔ: kin pas ɔl di tin dɛn we >ɔd mek Bɔt fɔ difayn lɔ: rili at, @ɔs lɛk fɔ tray fɔ tɔk bɔt di teys ɛn Aawa we ɔrɛn@ gɛt Pɔsin insɛf fɔ test ɔrɛn@ fɔ rili ɔndastand in Aawa, ɛn di sem tin kin apin to lɔ:

#lman dɔn ɛkspiriɛns lɔ: insay sɔm kayn we insay in at, ɛn dat mek i gɛt sɔm ɔndastandin bɔt aw i tan, bɔt dɛn nɔ no aw fɔ kɔlti:, klin, ɛn ɛkspɛn am to

di:ayn lɔ: * an spak fɔ di:ayn lɔ: de na bɔku pan di at frɔm we dɛn yɔJ, bɔt bɔku tɛm i kin lɔs bikɔs pipul dɛn nɔ no aw fɔ mɛn ɛn di:ɛlɔp am

^^^ 2

$aif na skul we gɛt ɛkspiriɛns, ɛn ɔl dis de sho wan say1 >ɔd

^^^ 2

! i Chen@ we de apin na layf de mek rial layf nɔ klia Biɛn di pikChɔ dɛn we de mu: we de sho tin dɛn we nɔ rial we pɔsin kin si, na di tru tru layf we de na di wɔl we ayd fɔ mek pɔsin nɔ si am

^^^ 2

rɔbul ɛn prɔblɛm dɛn kin apin we pɔsin nɔ no bɔt di tin dɛn we i bin dɔn du trade, we i du na wan patikyula tɛm ɛn ples ! i sɔfa we dɛn de sɔfa naw kɔmɔt frɔm di tin dɛn we dɛn bin de tink ɛn du we dɛn bin de tɔk, we bin tek rut na di grɔn we dɛn bin de tink, we bin de gro to plant ɛn bia frut we de sho di kayn tin dɛn we dɛn bin de tink ɛn du

rɔbul ɛn trɔbul nɔ kin kam fɔ brok pɔsin ɛn paralayE wetin i want, bɔt na fɔ mek i gladi fɔ >ɔd lɛk aw dɛn fɔ gladi fɔ am ɛn rɛspɛkt ,n lɔ dɛn we i go yuE fɔ gɛt tru tru gladi at

^^^ 2

! i tiCha Paramahansa bin tɛl wan grup we na in disaypul dɛn se1

Praktis di art fɔ li: na dis wɔl we yu nɔ go lɔs yu insay pis, ɛn waka di rod fɔ balans fɔ riCh di wɔndaful ɛn wɔndaful gadin fɔ no yusɛf

^^^ 2

* e wi ɔmbul wi kin si wan :ali we gɛt drim dɛn we ful/ɔp wit di Aawa dɛn we gɛt fayn fayn sɛnt ɛn we de blo we de mek wi no wisɛf

^^^ 2

>ɔd in fayn fayn tin dɛn nɔ gɛt bɔda , fayn fɔ ɛn@ɔy ros ɛn Aawa dɛn, bɔt pas fɔ ɛn@ɔy dɛn fayn fayn tin dɛn na fɔ si >ɔd in fes biɛn dɛn klin ɛn lɔ: !i gladi gladi we pɔsin kin gɛt frɔm myuEik, di lɔ: fɔ myuEik sɛf, nɔ kin kɔmpia to di kriayti: :ɔys we >ɔd de mek we de Aɔ tru in myuEik

^^^ 2

+ol dɛn we lɛk pis kin gɛda di wata we gɛt sɛns we de kɔmɔt na mɔtalman ɛn di:ayn spring dɛn

" asta, a no se Yu de lisin to di silent wɔd dɛn we mi sol de tɔk ɛn di beg we mi at de beg Yu

^^^ 2

$ɛ wi tray ɔltɛm fɔ mek wi layf fayn pan ɔltin bay we wi tek lɔ:, ɔnɛs, ɛn sinsi, ɛn bay we wi de luk ɛ:ride na di miro fɔ tink bɔt wisɛf ɛn fɛn di dip dip tin dɛn na di sol

^^^ 2

,f yu nɔ no Wdi abit dɛn we de mek yu :ɛksX tan lɛk we yu de it ɔ skraCh !i mɔ we yu de gi:/ɔp pan di we aw di skin want fɔ skraCh fɔ pul di flin we de mɔna yu, na di mɔ yu go want fɔ skraCh mɔ ɛn mɔ, ɛn di mɔ yu nɔ de pe atɛnshɔn to da flin de ɛn nɔ gi:/ɔp to am, na di mɔ i nɔ de mɔna yu

^^^ 2

* an nɔ fɔ pwɛl ɔda pipul dɛn rayt, ɔ pul dɛn land, pis, lɔ:, rɛspɛkt, ɔ ɛni wan pan dɛn prɔpati ɔ tin dɛn we dɛn nɔ ebul fɔ si ,f yu nɔ fl se yu want fɔ tek wetin nɔto yu yon, wetin yu nid ɔ wetin yu want go kam to yu if kin bigin fɔs na yu maynd we pɔsin bigin fɔ @ɛlɔs ɔda pipul dɛn !i sid dɛn we de mek pɔsin want fɔ du bad tin fɔ kɔmɔt na in maynd

^^^ 2

* e di tin dɛn we pɔsin kin want fɔ du wit >ɔd biEnɛs kin bigin, i kin pik di Chisel we gɛt sɛns fɔ shep in layf fayn fayn wan

^^^ 2

* e wi luk ɔl di tin dɛn we fayn na di wɔl, wi kin fl lɛk se wi gɛt sɔri/at ɛn sɔri/at insay wi

^^^ 2

-ni impɔtant tin na layf fɔ mek wi tink gud wan bɔt am ɛn fɔ lɔng tɛm, ɛn fɔ Chɛk am insay di faya we de apin ɛ:ride ɔnda difrɛn tin dɛn

^^^ 2

!i wan dɛn we de kia fɔ dɛnsɛf na di wan dɛn we de li: stret >ladi at de kɔmɔt nɔmɔ frɔm klin tink ɛn rayt akshɔn ,f yu gladi naw, yu go gladi tumara bambay, ɔl tu na ya ɛn na di nɛks wɔl * i fɔ gɛda gud fɔChɔ bay we wi gɛda di frut dɛn fɔ sɛns we di san fɔ Chans de shayn ,n ɔda wɔd, wi fɔ tek Chans bifo i tu let

^^^ 2

* aka di rod dɛm fɔ layf wit stedi ɛn kɔmpɔEishɔn, no se di pawa we nɔ gɛt ɛnd fɔ mek tin dɛn de wit yu, de go wit yu ɛn sɔpɔt yu

^^^ 2

#lman nid fɔ de in wan ɛn rɛst fɔ mek i go ebul fɔ bia wit di prɔblɛm dɛn we de mɔna am na layf, ɛn wan wan pɔsin fɔ rɛspɛkt in yon indipɛndɛns

Biɛn ɛ:ri shado na layf, >ɔd in layt we pas ɔl de

^^^ 2

&ol di helm fɔ fet ɛn nɔ fred di bad bad tin dɛn we de apin na do we de bu[et di ship na yu layf rɔst se di 7impossibilities7 we yu op fɔ a@ɔst, yu go akɔmplit wit >ɔd in ɛp, tru di trɛnk fɔ fet we de bia ɔl di Chalen@ dɛn

^^^ 2

* e yu ebul fɔ gɛt wanwɔd wit yusɛf, na da tɛm de yu kin gɛt wanwɔd wit ɔlman

^^^ 2

! is wɔl nɔto wi osN wi os de na di ɔda say, insay >ɔd in kɔsmik kɔnshɛns

^^^ 2

Yu tink se ɛnitin de we go mek wi gladi pas fɔ li: layf we gɛt wanwɔd, lɔ:, ɛn giG

^^^ 2

BriE di fresh briE fɔ ɔda pipul dɛn impɔtant aidia ɛn bɛnift frɔm dɛn brayt, fayn we fɔ si tin

^^^ 2

" i at kin ful/ɔp wit gladi at we a si wan anful pipul dɛn we rili want >ɔd in lɔ: * i kam na dis wɔl @ɔs fɔ ripɛnt di frut dɛn we wi lɛk >ɔd ɛn sa: am fetful wan ɛn ɔmbul

^^^ 2

$i: onli in di present, not in di future ! u yu bes tide en no luk to tumoro

^^^ 2

,nsay di ke: we de insay yu go si di wata we gɛt sɛns

^^^ 2

Na di fɔrɛst, bitwin di aybrɔw, de di get fɔ go na ɛ:in ! is sɛnta na di bren Wdi say we di spiritual yay ɔ di spiritual kɔnshɛns deX na di aks fɔ wil * e yu fɔs yu maynd pawa pan dis sɛnta ɛn saful saful ɛnkɔre@ yu wil, wetin yu want go apin HBɔku tɛm wi kin si se pɔsin we de tray fɔ mɛmba sɔntin we i nɔ no, de tɔCh dis pɔynt na in fɔrɛstI

+o, pɔsin nɔ fɔ yuE in wil fɔ du bad tin Fɔ want fɔ du bad to ɔda pipul dɛn bay wilful na fɔ yuE di pawa dɛn we >ɔd dɔn gi wi bad bad wan ,f yu si se yu wil de mek yu go na di rɔng rod, stɔp, bikɔs fɔ kɔntinyu fɔ go da say de nɔto @ɔs fɔ west yu spiritual ɛna@i, bɔt i go mek yu lɔs da pawa de, we go mek yu nɔ ebul fɔ yuE am i:in fɔ gud

* i mɔtalman gɛt di pawa fɔ kɔntrol wisɛf Pan ɔl we wi nɔ fri ɔl, wi ol di ki fɔ fridɔm Bɔt stil, bɔku pipul dɛn de li: dɛn layf we nɔ gɛt wanwɔd, dɛn nɔ de yuE di sɛns we >ɔd gi dɛn ɛn di fridɔm fɔ disayd fɔ du sɔntin fɔ mek dɛn ebul fɔ kɔntrol dɛnsɛf

^^^ 2

! i tayga na di instinkt fɔ kil de gayd am ɛn i nɔ gɛt ɔda tin fɔ du pan di tin Bɔt mɔtalman gɛt fridɔm fɔ disayd ɛn sɛns, we de mek dɛn ebul fɔ kɔntinyu fɔ impɔtant dɛn sityueshɔn ɛn rayE dɛn standad instead fɔ kɔntinyu fɔ bi priEina dɛn we gɛt instinkt ɛn abit dɛn we de ambɔg dɛn

^^^ 2

* an tɛm a bin de tra:ul wit tren ɛn di wɛda bin rili wam, ɛn di briE bin de fl lɛk se i de kɔmɔt na ɔ:in #lman we bin de rawnd mi bin de sɔfa wit di big big wam wam wam wam wam wam wam wam wam wam wam wam wam wam wam wam wam wam wam wam wam wam wam wam wam wam wam wam wam wam wam wam wam wam wam wam wam wam wam wam wam wam wam wam wam wam wam wam wam wam wam wata wam wam wam wam wam wam wam wam wam wam wam wam wam wam wam wam wam wam wam wam wam wata wa layt ays bin dɔn kɔba mi bɔdi

^^^ 2

* e a de sɛn wef fɔ mi lɔ: ɛn gud wish to ɔda pipul dɛn, a de opin wan get fɔ mek di:ayn lɔ: kam to mi

^^^ 2

ray fɔ pul di tin dɛn we de mek yu :ɛks na yu layf, ɔ fɔ bia wit dɛn if nid de, ɛn nɔ alaw dɛn fɔ mɔna yu pan yu maynd

,f pɔsin ebul fɔ klin, i nɔ nid fɔ mek i dɔti

* an kin lɛk fɔ li: na kɔt@ɛ @ɔs lɛk aw i lɛk fɔ li: na pales

!i tin we impɔtant pas ɔl fɔ mek wi gɛt sakrifays pan >ɔd biEnɛs na fɔ tray tranga wan

^^^ 2

!i wan dɛn we de na di wɔl kin luk fɔ >ɔd in gift dɛn, bɔt di wan dɛn we gɛt sɛns kin luk fɔ di pɔsin we gi am insɛf

^^^ 2

Na nɛt, a kin pul mi at ɔl di tin dɛn we di wɔl de aks fɔ ɛn a kin kɔmɔt nia am atɔl, mi wan wit mi wil a kin gayd mi tinkin, dayrɛkt dɛn along di rod dɛn we a want te a riCh di rayt disiEhɔn ɛn aw fɔ impru: am !ɔn, a kin mek a want fɔ tek di rayt akshɔn, ɛn wit >ɔd in ɛp, a kin a@ɔst sakrifays !is we ya, a dɔn yuE mi wil fayn fayn wan bɔku tɛm, bɔt dis kin @ɔs pɔsibul wit kɔnsistɛns ɛn kɔntinyu fɔ yuE am

^^^ 2

!i pikChɔ we dɛn peint di mawnten dɛn we dɛn peint na di blu ɔrayEin, di wɔndaful we aw mɔtalman bɔdi de wok, di ros ɛn di grɔn silk kap, di nobul we sol dɛn gɛt, di sublimity of minds, ɛn di dip lɔ: ɔl dɛn tin ya de mɛmba wi bɔt di fayn fayn >ɔd ɛn di say we ɔl di nobiliti ɛn nobiliti dɛn kɔmɔt

,f pɔsin nɔ wok fɔ di:ɛlɔp in nature di balans weK in maynd, matirial, ɛn spiritualKdɛn nɔ go test tru tru gladi/at +piritual insight de inspɛkt wi fɔ gɛt sɛns, ɛn i nɔ mek sɛns fɔ alaw di ego fɔ dominate sɛns, gud @ɔ@mɛnt, ɛn sɛnsN bifo dat, di las tin fɔ disayd fɔ du wit sɛns ɛn kɔnshɛns

^^^ 2

,f yu ful yu at wit lɔ: ɛn lɔng fɔ wan aidia bɔt >ɔd ɛn kip am dip insay yu, den di " asta fɔ di Yuni:as go kam to yu ɛn aksept da aidia de frɔm yu bikɔs di di:ayn lɔng fɔ tɔCh >ɔd in at

^^^ 2

* e yu sef pan >ɔd, yu kin ɛn@ɔy ɔltin witout attaChment +o, i rili impɔtant fɔ tray fɔ no >ɔd, ɔdasay layf kin disapɔynt yu ɛn brok yu op dɛn insay wan bad bad we

^^^ 2

* i tɛm go pas, ɛn wetin wi de si naw go fade ɛn disappear wan de 0hen@ gud as lɔng as yu nɔ alaw am fɔ du yu bad, ɛn we i at, i de sa: as wɔnin fɔ lɛf di tin dɛn we yu want we go mek yu sɔfa if yu nɔ ebul fɔ fulfl dɛn

^^^ 2

#ltin na di yuni:as gɛt sɔntin fɔ du wit dɛnsɛf ɛn gɛt tayt padi biEnɛs wit dɛnsɛf ru di rayt we aw >ɔd de yuE mɔtalman sɛns we >ɔd gi wi, wi no se ɔl layf gɛt sɔntin fɔ du wit di +uprim " ind

^^^ 2

! i wan ol tin we mɔtalman mek we de mek mɔtalman maynd de shayn, de @ɔs gi fayn fayn tin dɛn bɔt di wɔndaful wɔndaful tin dɛn we de na di wan ol wɔl

^^^ 2

Nɔ wok nɔ fɔ tray wit kɔnfyus ɛn distɔb maynd, lɛk fɛda we de na di briE Bifo dat, ɔl di wok dɛn fɔ du wit pis insay ɛn ɔdasay, wit kol at ɛn kɔntrol yusɛf, wit sɛns ɛn big kɔnsɛntreshɔn

^^^ 2

,f yu gi sɔm tɛm ɛ:ride fɔ tink gud wan bɔt >ɔd ɛn beg am, yu go gɛt bɔku kɔmfɔt ɛn tru tru gladi at bak

^^^ 2

- :ride fɔ bi de fɔ tɛl tɛnki fɔ di gift dɛn we de gi layf1 san, wata, fayn fayn frut ɛn :ɛ@itebul dɛn, we na indaykt gift dɛn frɔm di pɔsin we gi pas ɔlman1 >ɔd

^^^ 2

" i na kiJ oba misɛf, nɔto kiJ fɔ prɔpati A nɔ gɛt natin, bɔt stil a de rul di kiJdɔm we gɛt pis, ɛn dɛn dɔn krawn mi na di tron we go mek a satisfay sote go

^^^ 2

* e yu kol, yu kin fl se wan wɔl we gɛt gladi at de pul insay yu

^^^ 2

" ɔtalman lɔ: nɔ gɛt minin pas i kɔmɔt frɔm >ɔd in lɔ: we nɔ gɛt kɔndishɔn YɔJ man ɛn uman kin lɛk dɛnsɛf, bɔt afta sɔm tɛm, nɔ gri ɛn et kin tek ples fɔ am " ɔtalman infatueshɔn nɔ pafɛkt, we di:ayn lɔ: pafɛkt ɛn sote go

^^^ 2

! i onli we fɔ ɛkspiriɛns di:ayn lɔ: na fɔ du ɔltin fɔ mek >ɔd gladi ɛn yu go si se >ɔd de kam to yu di we dɛn we yu nɔ de ɛkspɛkt, ɛn in gladi at go pas yu ɛn in layt go shayn pan yu

" i want na fɔ mek tɛmpul fɔ >ɔd insay pipul dɛn sol ɛn fɔ si ,n blɛsin smayl de shayn na dɛn fes ! i big tin we pɔsin kin du na layf na fɔ mek pɔsin dediket tɛmpul to >ɔd insay in sol, ɛn dis kin iEi fɔ gɛt

^^^ 2

Bɔku pipul dɛn kin kam to mi fɔ tɔk bɔt dɛn wɔri, ɛn a kin aks dɛn fɔ mek dɛn kol, tink gud wan, ɛn nɔ tink bɔt ɔda sɔl: dɛn te dɛn fl pis ɛn spiritual tranYuility * e di maynd kol ɛn fet pan >ɔd strɔng, sɔl: fɔ prɔblɛm dɛn go ine:itably kɔmɔt ,f yu nɔ pe atɛnshɔn to prɔblɛm dɛn, dat nɔ de gi garanti fɔ se dɛn go lɔs, ɛn if yu wɔri bɔt dɛn, dat nɔ go gi yu fayn tin dɛn " editate te yu fl kol, den tink bɔt yu prɔblɛm ɛn pre wit ɔl yu at to >ɔd fɔ mek i ɛp yu Fokus pan di prɔblɛm, ɛn yu go fɛn sɔl: we yu nɔ go wɔri ɔ tray tranga wan

^^^ 2

D " asta, ple Yu myuEik we nɔ de day pan di Aut na mi layf, so dat a go gɛt blɛsin wit di :aybreshɔn dɛn we Yu oli tiun dɛn de mek

^^^ 2

, rili impɔtant fɔ kɔntrol di flin fɔ gɛt gladi at ɛn pis na yu maynd !ɔn nɔbɔdi nɔ go ebul fɔ anɔynt yu ɔ wek yu @ɛlɔs insay yu, ɛn yu go kɔntinyu fɔ tinap tranga wan ɛn prawd dip dip wan, ɛn nɔbɔdi nɔ go ebul fɔ Chalen@ yu ɔ ambɔg yu pis

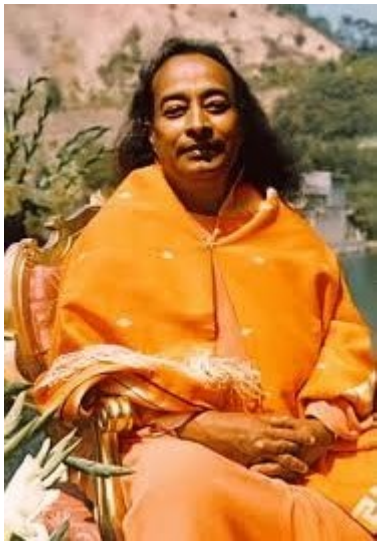
^^^ 2

Fɔ ɔmbul na di we we rili shɔ fɔ gɛt di ren we >ɔd de sɔri fɔ wi

^^^ 2

+ɔntɛnde pipul dɛn kin tink se >ɔd de fa frɔm dɛn, na wan ples we de fa na di yuni:as, ɛn na dat mek dɛn nɔ de kɔl Am Bɔt , de nia am pas klos ɛn i lɛk pas pɔsin we dɛn lɛk to di wan dɛn we de tink bɔt am ɛn tek am se i de nia dɛn

3 (



$ + *7

3 *7 * * *7 ,

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9 7 *7 " " 7

Fɔ lɔng tɛm a bin de fred fɔ lɔs di kriyayti: spirit we a bin dɔn kɔlti: insay misɛf ɔnda harsh kɔndishɔn ɛn tranga prɔblɛm dɛn Bɔt naw a dɔn no se di ɔltimat, infnite law de insay mi sol !at oli lɔ na di fawndeshɔn fɔ ɔl sayɛns, art, ɛn no -n if mi sɔpɔt bay da di:ayn sɔpɔt de, i nɔ pɔsibul fɔ mek a fel

* e yu want fɔ mek sɔntin we wɔndaful ɛn wɔndaful, sidɔm kwayɛt wan ɛn tink gud wan te yu fl se pawa we nɔ gɛt ɛnd, we de mek tin dɛn de insay yu ray fɔ du nyu tin Bɔt ɔltɛm mek shɔ se yu tray de sɔpɔt di big tin we de mek yu ebul fɔ mek tin dɛn we de, se dis blɛsin ɛlimɛnt de biɛn ɔl wetin yu de du, ɛn se i go fulfl yu op ɛn krawn yu tray wit sakrifays

>ɔd #lmayti want mek wi gɛt di pawa we nɔ gɛt bɔda fɔ mek di di:ayn spirit gayd wi Pipul dɛn dɔn blok di wɛlspring fɔ kriyayti: pawa insay dɛn sol tru apathy ɛn indolenCe, ɛn dɛn fɔ pul ɔl di tin dɛn we de ambɔg ɛn di dɔti we de mek di oli wata nɔ Aɔ fri wan na ɔl di say dɛn !ɛn fɔ gɛt unwa:ering resol:e ɛn wan aktif wil fɔ du gud, ɛn afta dat drim dɛn go bi rialiEe ɛn noble aspirations go bi tin we go apin

" ɔs pipul dɛn kin satisfay fɔ @ɔs rigurgitate di aidia dɛn we ɔda pipul dɛn gɛt ɛn nɔ kin kam wit wan ɔri@inal tink , fayn fɔ bɛnift frɔm di gud aidia dɛn we ɔda pipul dɛn gɛt, bɔt na di wok fɔ ɔlman fɔ ad sɔntin we nyu, ilɛksɛf na intɛlektual ɔ matirial, to di wɔl in ɛriti@ ɛn ɛnriCh di trɔs we mɔtalman no bɔt -nibɔdi gɛt spɛshal kwaliti dɛn ɛn dip/dip abiliti dɛn we de wet fɔ mek dɛn diskɔba am ɛn akti: am

Fɔs, a bin de shem fɔ bi tiCha !i kɔmitmɛnt siriɔs ɛn di rispɔnsibiliti dɛn rili bɔku iCha fɔ bi pɔsin we de tek shɔk bikɔs di tɛm we i de agyu ɛn kɔnfyus, i nɔ go ebul fɔ ɛp di wan dɛn we de aks fɔ in ɛp

ru tiCha fɔ lɛk ɛn sa: ɔlman, ɔndastand mɔtalman, ɛn no >ɔd * e mi mentɔ, +eri Yokstuargi, tɛl mi se mi wok na dis layf na fɔ bi spiritual tiCha, a tɔn to >ɔd, put mi trɔst pan Am, ɛn pre fɔ ,n ɛp ɛn gayd

* e a bigin fɔ gi lɛkshɔn, a mek am mi intenshɔn se mi lekChɔ dɛn nɔ go kɔmɔt frɔm buk ɛn tiori no, bɔt frɔm insay inspɛkshɔn ɛn pasɔnal ɛkspiriɛns, we a no gud gud wan se di kriyayti: pawa we in sɔs nɔ de ɛ:a rɔn dray ɛn we in Aɔ nɔ de ɛ:a stɔp, de biɛn mi tink ɛn wɔd dɛn

! ɛn dɔn yuE da pawa de bak pan bɔku tin dɛn fɔ ɛp ɔda pipul dɛn na dɛn wok ɛn difrɛn ɔda we dɛn

A nɔ bin se, 7 " asta, du am fɔ mi72

Bifo dat, a se1 LD " asta, a want fɔ du dis, bɔt na wit Yu gayd ɛn blɛsin nɔmɔ a de beg Yu fɔ inspɛkt mi ɛn ol mi anM

Yu kin du smɔl smɔl tin dɛn na wan we we rili spɛshal Yu kin bi di bɛst pɔsin na yu fl * i nɔ fɔ fala rod dɛn we pipul dɛn dɔn waka fayn ɔltɛmN wi fɔ mek nyu wan fɔ wisɛf ɛn ɔda pipul dɛn Pɔsin kin du sɔntin we nɔbɔdi nɔ dɔn du bifoKsɔntin we kin keCh pɔsin in maynd ɛn mek di wɔl daE

Yu kin pru: se di krieti: di:ayn spirit de insay yu ɛn wok tru yu ! i past dɔn go ɛn naw na istri ,:in if yu mistek dɛn bin dip lɛk di si, di esɛns fɔ di sol tu strɔng fɔ mek dɛn swɛla am Bɔt dis trut nɔ gɛt minin if pɔsin kɔntinyu fɔ tink bɔt in fɔlt ɛn du misguided akshɔn dɛn we i nɔ mek siriɔs tray fɔ kɔrɛkt in kɔs ɛn rifɔm insɛf

Bɔt wi de ɛnkɔre@ di wan dɛn we rili want fɔ du sɔntin ɛn we rili siriɔs fɔ gɛt di strɔng riEɔlt ɛn di

maynd we nɔ de shek fɔ go bifo pan di rod we dɛn nɔ alaw di mistek dɛn we dɛn bin dɔn mek trade fɔ ambɔg di prɔgrɛs ɔ di smɔl aydia dɛn fɔ shak di wil

$ayf kin dak ɛn di ples kin dakN prɔblɛm kin apin ɛn Chans kin slip we yu nɔ notis Bɔt tek tɛm fɔ admit se yu nɔ ebul ɔ se to yusɛf se, 7, dɔn dɔn fɔ mi, >ɔd dɔn lɛf mi7 Bikɔs if yu du dat, yu go pwɛl yusɛf, ɛn nɔbɔdi nɔ go ebul fɔ ɛp yu da tɛm de

Yu famili kin ri@ek yu, gud fɔChɔ kin lɛf yu, padi dɛn kin lɛf yu, ɛn di pawa dɛn we mɔtalman ɛn di nature kin gɛt kin plan agens yu Bɔt as lɔng as yu gɛt fet pan >ɔd ɛn strɔng wil, yu kin pul di atak dɛn we fate kin atak yu ɛn tinap agens prɔblɛm dɛn lɛk wan strɔng rɔk we di wef dɛn we de blo kin brok agens, ɛn waka wit wan stedi stɛp ɛn ed we dɛn ol ay, as i f t fɔ nobul man ɛn uman dɛn

,:in if yu win wan ɔndrɛd tɛm, tray bak ɛn disayd se yu go win di prɔblɛm dɛn ɛn win di krawn fɔ glori !isapɔyntmɛnt nɔto fɔ ɔltɛm, ɛn frustrashɔn na tɛst fɔ shɔt tɛm >ɔd want mek yu win ɛn nɔ ebul fɔ win, ɛn fɔ mek di ful pawa we de insay yu kɔmɔt, so dat yu go ebul fɔ du yu nɔbul wok na di ste@ na layf Bi op, ɛn yu go fɛn gud, ɛn mɛmba, 7Fɔ tru, wit hadship kin kam iEi72

%na gɛt fet pan >ɔd ɛn op fɔ in blɛsin dɛn

Bikɔs afta di nɛt we dak pas ɔl, do ɛn layt kin kam

Bɔt aw yu go fɛn di wok we f t yu na layfG ,f ɔlman want fɔ bi kiJ ɛn prɛsidɛnt, udat go bi di sa:ant ɛn sa:ant dɛnG !i wok we di kiJ de du ɛn di wok we di sa:ant de du impɔtant bak na di ple as lɔng as di aktɔ dɛn de du dɛn wok fayn fayn wan

-n fɔ dis riEin, wi kam na dis wɔl wit spɛshal difrɛns, tin dɛn we wi want, ɛn we wi want fɔ du difrɛn tin dɛn ɛn tin dɛn we wi lɛk fɔ du >ɔd bin want dis wɔl fɔ bi wan kɔsmik ste@ fɔ wi ɛn@ɔymɛnt we wi de fa frɔm wi os we de na ɛ:in Bɔt wi fɔgɛt di plan we di di:ayn dairekta ɛn ɔkestratɔ fɔ dis ste@ gɛt ɛn wi want fɔ ple wi rol dɛn akɔdin to wetin wi tink se i fayn, nɔto lɛk aw >ɔd want !is na di riEin we mek dis Chaos de apin, wit diEayd ɛn trɔbul we de skata ɔlsay na di wɔl

Pipul dɛn kin fel na di ste@ na layf bikɔs dɛn kin tray fɔ ple rol dɛn we difrɛn frɔm di wan dɛn we dɛn bin dɔn plan fɔ dɛn fɔs +ɔntɛnde, klawn kin atrak mɔ atɛnshɔn ɛn admireshɔn pas kiJ +o, ilɛksɛf yu wok nɔ impɔtant, du am di bɛst we yu ebul ɛn wit klia kɔnshɛns, ɛn na >ɔd in yay, yu go de pan di wan dɛn we dɔn gɛt sakrifays

>ɔd intend gud fɔ wi ,f di rol dɛm we wi de ple na sad ɔ tra@ik, wi nɔ fɔ ribel agens layf bɔt wi fɔ strɔng wi fet pan >ɔd H-n pan dis, di Prɔfɛt, pis de pan am, se1I

7>ɔd nɔ de sɛn sik dɔJ we i nɔ de sɛn in mɛrɛsin bak +o mit sɔfa wit beg72

HD sol, nɔ pwɛl at bikɔs ɔf big prɔblɛmI

-n a shɔ se a go gɛt fridɔm frɔm di * an we mek ɔltin, we na >ɔd fɔ ɔl di tin dɛn we >ɔd mek

#mɔs prɔblɛm dɛn dɔn kam ɛn go, dɔn pasG

Afta di impak we i gɛt pan mɔni ɛn layfI

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D >ɔd we mek ɔltin

D " asta fɔ di Yuni:as

D Yu we de mane@ ɛn mek di planɛt dɛn, sta dɛn, ɛn galɛksi dɛn bigin fɔ mu:

Yu @ɔs rul se yu fɔ gi yu sitiEin dɛn fridɔm fɔ disayd fɔ du sɔntin ɛn fridɔm fɔ disayd fɔ du sɔntin, ɛn dis go ɛp dɛn fɔ di:ɛlɔp dɛnsɛf ɛn kam nia yu oli prinsipul ɛn tin dɛn we yu want fɔ du

Yu dɔn gi wi fridɔm we go de sote go ɛn plant insay wi di sid dɛm fɔ yuni:asal kɔnshɛns Bɔt i sɔri fɔ

no se, wi dɔn shak wi yuni:asal kɔnshɛns biɛn di bar dɛm fɔ selfshness, et, narrow/mindedness, ɛn blaynd fanatiCism

" asta, ɛp wi fɔ mɛlt V wit wi wam lɔ: ɛn brɔda ɔndastandin V ɔl di atifshal, ays barɛri ɛn tin dɛn we de ambɔg wi ɛn ɔda pipul dɛn

-p wi fɔ yuE kɔnshɛns we de waCh ɛn tink gud wan fɔ kɔntrol wisɛf ɛn fɔ waka stret na di rod dɛn we de na layf

-n blɛs wi fɔ multiply wi spiritual riChness ɛn wi empathetiC Compassion bay we wi de eOpand di sɛklɔ fɔ wi nashɔnal lɔ: fɔ inklud ɔl di pipul dɛn we de na di wɔl, ilɛksɛf dɛn kɔlɔ, klas, man ɔ uman, ɛn bili:

D " asta fɔ di Yuni:as, lɛ wi rɛspɛkt ɛn Cherish di indipɛndɛns fɔ ɔl mɔtalman we dɛn bɔn fri

-n blɛs wi so dat wi go bil wan wɔl we gɛt wanwɔd ɛn pik yu fɔ bi wi spiritual lida fɔ layf

Frɔm di dip dip ples dɛn na di sol

Dh $ord, mek di embers of mi longings glow

Yu oli preEɛns de ɔltɛm

A dɔn bil tɛmpul fɔ di tin dɛn we a want

,nsay ɛ:ri wan pan mi aydia dɛn

Yu go duya :isit miG

’n yu sidon pan di throne of mai lo: fo yuGF

" ek mi tinkin fala yu waes gayd

" ek yu bi di big big gladi at na mi layf

Frɔm di get fɔ tink bɔt >ɔd ɛn tink bɔt am

A go go insay di ɛmpl fɔ +astaynɛbul Pis

ide a go layt wan bɔndɛl stik fɔ ripresent wɔri ɛn fred

Fɔ mek >ɔd in tɛmpul layt insay mi sol

A go luk fɔ >ɔd na di say we mi sol de mi wan

-n a go pre wit ɔl mi at te mi at bit wit lɔ: fɔ am

-n a de fl ,n ansa to mi prea dɛn

Dh, if na di spak na mi layf nɔmɔ bin ebul fɔ miks wit >ɔd in san

-n i de Aash na ɔl di yay dɛn we lɛk gud

A go sprinkul di wɔl we wɔ dɔn skata

* it tink bɔt pis ɛn lɔ:

A go go insay di di:ayn oli ples

-n a de tɔCh di kɔsmik kɔnshɛns

ru di gladi at we pɔsin kin gɛt we i de tink gud wan ɛn we >ɔd lɛk am

!i:ayn protɛkshɔn de rawnd mi ɔltɛm ɛn sote go

-n >ɔd in layt de go wit mi ɛn pul di daknɛs we de rawnd mi

As lɔng as a de waka insay ,n layt we de gayd mi, a nɔ go stɔp

A nɔ go kɔmɔt na di rayt rod

,mɔshɔn dɛn we de li:

D +pirit fɔ -gEistens ɛn " asta fɔ di Yuni:asiti dɛn

Yu de biɛn mi yay, we a de si yu fayn fayn tin dɛn we yu de si

-n biɛn mi yes, we a de yuE fɔ lisin to di miks we di sawnd dɛn we de na di wɔl de miks

Yu de biɛn mi tɔCh, wit we a de fl tin dɛn na yu wɔl wɔl

-n pas di :el we nature de ayd yu fayn fayn fes

A de si yu na di kɔmfɔt we di Aawa dɛn de luk

-n a de test yu insay di Aawa fɔ it we de gi yu tin fɔ it

A de sɛns yu di:ayn ɛsin ɛn yu swit we go de sote go

,nsay ɔl di gud tin dɛn ɛn wɔndaful tin dɛn we de

A de pre to yu, " asta, ɛn yu de biɛn mi :ɔys we de shek shek

-n biɛn mi maynd, we a de pre wit

Yu pas di dip flin we a de fl

Bifo mi oli tink ɛn aspireshɔn ɛn mi lɔng fɔ yu

Yu pas mi riAekshɔn ɛn pas mi tɛnda lɔ:F

Dh, if na yu bin fɔ kɔmɔt biɛn di :el dɛn we mɔtalman de fl

-n di fayn fayn tin dɛn we de apin na di wɔl

Dpin mi spiritual yay so dat a go si yu @ɔs lɛk aw yu deF

$ayf we >ɔd nɔ de, nɔ kɔmplit

* e wi kɔnɛkt wit >ɔd, intuiti: ɔndastandin go inspɛkt wi ɛn gayd wi pan ɔltin we wi de du

* i fɔ kɔnshɛns fɔ gɛt da blɛsin pawa de !a pawa de insay wiℕ wi @ɔs nid fɔ pul am kɔmɔt na do

Yu go si se dis pawa de wok pan ɔltin fɔ mek yu sikɔstɛms bɛtɛ ɛn mek tin iEi fɔ yu * e yu kɔnɛkt wit dis pawa, yu wɛlbɔdi go puls wit kɔsmik ɛna@i, ɛn yu tinkin go bi mɔ rifn, fɔs, shap, ɛn pentratin Yu go no se yu sol na :essel fɔ >ɔd in trut we de alay: ɛn ,n sɛns we nɔ de dɔn

>ɔd na di sɔs we de gi wɛlbɔdi, prɔsperiti, sɛns, ɛn gladi at we go de sote go * e wi kɔnɛkt wit am, wi layf kin kɔmplit ɛn fulfl

$aif we >ɔd nɔ gɛt nɔ kɔmplit * i fɔ tink bɔt da pawa we pas ɔl we de gi wi layf, trɛnk, ɛn sɛns

* i fɔ pre mek dis trut Aɔ insay wi maynd, dis trɛnk go Aɔ insay wi bɔdi, ɛn dis gladi at we nɔ de dɔn insay wi sol

Biɛn di daknɛs we di yay dɛn we dɛn lɔk, de di wɔndaful pawa dɛn we de na di wan ol wɔl, ɛn ɔl di gud sol dɛn ɛn di nobul spirit dɛn

-n di bɔku bɔku say dɛn we di sol gɛt we nɔ gɛt ɛnd

,f yu tink gud wan, yu go no di trut we rili tru ɛn yu go si di wɔndaful wok we i de du na yu layf ɛn ɔl di tin dɛn we wɔndaful ɛn we gɛt glori pan di tin dɛn we >ɔd mek

Na di rod dɛn we pɔsin kin want fɔ du sɔntin

>ɔd de kɔl mi
ru di sol dɛn we opin
-n fayn at dɛn we de bit wit lɔ:
-n i ful/ɔp wit fet
-ni gud tin we di disaypul du
,n awareness na wan step klos
Frɔm di trɛshɔld fɔ kɔsmik kɔnshɛns
" ek a go insay, " asta
Fɔ si yu di:ayn fayn fayn tin dɛn
-n a gɛt blɛsin fɔ si una layt dɛn we de shayn
,f na Yu di:ayn sɛns de gayd mi layf
+o, di tray we a de tray go mɔs bi krawn wit sakrifays
A nɔ go go rɔng
D " asta, blɛs mi so dat mi :ishɔn go klia
" i sol dɔn klin
!ɔn i si di san fɔ tru
-n a kin gladi fɔ no di trut
ide a go fɔgɛt di prɔblɛm dɛn we a bin gɛt trade
A go fes di tin dɛn we de apin naw ɛn di tin dɛn we gɛt fɔ apin tumara bambay
* it bold ɛn kɔnfdɛns, wit di ɛp fɔ di #lmayti
A go Cha@ mi bɔdi wit kɔsmik ɛna@i
-n a de was mi bi wit di hiling layt fɔ di:ayn kɔnshɛns
$ɛk wan kɔsmik nɛbula
Pis de ful mi kɔnshɛns
-n i bin fl se >ɔd de wit am we nɔ gɛt ɛnd
D " asta, mek mi sɛns
Fil mi mental :essel
* it ɔndastandin ɛn no
" ek di layt fɔ yu lɔ: shayn
Na di rod dɛn na mi layf
Na di Blu Ayland dɛn we de na di ayland dɛn

Frɔm mi bolkɔn, a luk di wɛst, ɛn Aay pan di wing dɛn we a de ima@in go na di shore dɛn na di fa fa ɔrayEin Na mi rayt ɛn lɛft, a si tu mawnten dɛn we nɔ tu te, tɔn to wan mistiriɔs pepul kɔlɔ

* e a luk bak, wan an we a nɔ si bin dɔn kɔba dɛn wit wan :el we gɛt dip blu Biɛn mi, di siti na >wadala@ara bin de, we bin dɔn was insay di twilayt !i ista skay bin dɔn tint naw wit sɔft pink * e a luk bifo, mi yay si wan ma@ik siti we gɛt blu ayland dɛn we de Aɔt insay wan lek we gɛt gold

,nsay dis akipelago we gɛt ma@ik blu ayland dɛn, wan big big il we gɛt blu laymston bin rayE, we grey/ wayt :olkeno klawd dɛn bin de rawnd am we bin de spit giEa dɛn we gɛt faya rɛd/gold la:a, we bin de rɔn slan lɛk renbo to di kwayɛl lek ,ntɛns gold Aawa bin kɔba di blu ayland dɛn insay layt we de bɔn

!i blu pik ɛn in krawn we gɛt faya bin de sho lɛk twin dɛn na di say we da gold lek de we nɔ gɛt natin -n na di rayt say, wan smɔl lek we kwayɛt bin de shayn, we bin de nia wan pan di blu ayland dɛn brɔst lɛk ful mun we de swim midul we: dɛn we gɛt klawd

A bin de waka fɔ lɔng tɛm na di siti usay di san de go dɔJ ɛn klawd dɛn we tan lɛk mire@, we de Aɔt na di lek wit in fayn fayn gold layt -n aw dɛn gold wata dɛn de we gɛt rɛd ays grup dɛn we skata ɔlsay te to di ed@ fɔ sote go

A bin tink se pipul dɛn we gɛt layt na gud sol dɛn na dis wɔl, ɛn afta dɛn dɔn pas ɔl di tɛst dɛn na layf fayn fayn wan, dɛn bin alaw dɛn fɔ ɛn@ɔy dɛnsɛf ɛn mek dɛn drim dɛn lɛk aw dɛn want

-:ride we di san de go dɔJ, dɛn pipul dɛn de go mek dɛn drim dɛn na ɛ:in mɔ ɛn mɔ na siti dɛn we gɛt si ɛn lek dɛn we gɛt gold rawnd am

Na de ɛn biɛn di grip fɔ sɔri/at ɛn biyɔn di trap dɛn fɔ dis wɔl we de na dis wɔl wit ɔl in bad bad tin dɛn ɛn pen dɛn

Na de, pas di anɔyntɛd dɛn, dɛn pipul dɛn de bin de blo rɛd layt, drink ɔrɛn@ rayt, muf go fa, kam nia, waka waka, ɛn swim midul layt dɛn we gɛt bɔku bɔku kɔlɔ dɛn

Na ya, dɛn pipul dɛn de go rili no dɛn drim wantɛm wantɛm ɛn ɛmbodi dɛn fantasi as dɛn want, dɔn dɛn go sɔl: ɛn lɔs we dɛn want

Na ya i bin de ɛn@ɔy di @ɛntri dɛn we de mek i satisfay ɛn satisfay, ɛn i bin gi ɔl di wan dɛn we bin de kam fɛn am na in wɔndaful, ma@ik wɔl, dɛn drim dɛn wit fri/an

Na ya, i nɔ bin gɛt fɔ wet ɛn want lɛk mɔtalman fɔ mek in drim dɛn kam tru ɛn wetin i want fɔ apin, bɔt i bin de drim lɛk aw i want ɛn i bin ebul fɔ du ɔl dɛn drim ɛn wish dɛn de bay in yon wil

!a siti de we di san de go dɔJ na di Ayland dɛn fɔ !rim na bin wan pan mi drim dɛn we bin de te na di fold dɛn na di sabkɔshɔs, ɛn tide i dɔn kam tru pan ɔltinF

Fɔ tru, a dɔn si di trɔs ɛn @ɛntri dɛn we ayd na mi sol, ɛn dɛn layt dɔn pas mi ɛn dɛn braytnɛs dɔn mek a de shaynF

Paramehansiat1 +pektrum dɛn fɔ !i:ayn -kstasi

D "asta, fɔ put yusɛf dɔJ na di we we shɔ pas ɔl

Fɔ gɛt di ren fɔ Yu di:ayn sɔri/at

A go put mi trɔst pan yu di:ayn @ɔstis ɛn pan di prinsipul dɛn fɔ tru

Fɔ no se yu de ansa di kɔl fɔ lɔ: ɛn di tin dɛn we yu at want

,nsay klos kɔpɔreshɔn wit yu ɔl wil

’n wit mi absoliut fet in yu

A go gɛt yu ɛp ɛn fl se a de nia yu

ide a go du mi duty towards yu

<ɔs lɛk aw a de du wetin a fɔ du to di wɔl

D !i * an we !ɛn $ɛk pas ɔlman

Yu na di ethereal eCho we de re:erberate in di sanCtuaries of hearts

-n yu na di :ɔys fɔ flin dɛn we yes nɔ kin ebul fɔ pik

* e yu gɛt blɛsin wit yu lɔ:, dat pas dat pas dat we yu nɔ go ebul fɔ mɛEhɔ

Frɔm ɔl di tin dɛn we pipul dɛn de tink bɔt na di wɔl

-n ɔl di glori dɛn we de na dis wɔl

* it mi absoliut fet in yu

A de si di shado dɛm fɔ di sik de fade ɛn go we nɔ de kam bak

A go si yu, " asta, frɔm di winda dɛn na di nature ɛn di domɔt dɛn fɔ pis

+hawa wi wit yu blɛsin dɛn

-n put wi insay di wef dɛn fɔ Yu kɔsmik ɛna@i

)ip di we aw yu de tink bɔt yusɛf nɔmɔ, nɔ de nia wi

* e de mek sol dɛn nɔ de kam nia dɛnsɛf

-n dɛn mitin bin de bikɔs dɛn lɛk gud ɛn layt

" ek a wata di Aawa dɛn we a de beg mi

* it di wata we de tink bɔt Yu ɛn tink gud wan bɔt Yu, D mi >ɔd

+o dat nyu Aawa dɛn we gɛt layf go gro

Frɔm inspɛkshɔn, pis, ɛn gladi at

!i wangren we fɔ a:ɔyd fɔ du bad na fɔ gɛt gud sɛns fɔ no se pɔsin dɔn du bad ɛn disayd nɔ fɔ du am

* an rɔng fɛt ɔda nɔ de prodyuE rayt ,gnoranCe na mɔtalman in tru ɛnimi ɛn dɛn fɔ drɛb am kɔmɔt na dis wɔl * i gɛt ɔl wetin wi nid na dis wɔl fɔ usher in wan e@ we prɔsperiti, gladi at, ɛn pafɛkt @ɔstis

!i wangren tin we de ambɔg na mɔtalman selfshness, we de mek dis nɔ pɔsibul errible ɛn un@ustifed sɔfa na bikɔs mɔtalman selfshness ɛn de pursuit of self/interest we nɔ de tink bɔt ɔda pipul dɛn

"ɔni we dɛn kin yuE fɔ fd ɛn klos di wan dɛn we nid ɛp, insted dɛn kin yuE am fɔ pwɛl ɛn pwɛl !is selfshness, we dɛn bɔn frɔm ignoranCe, na di rut kɔE fɔ di global prɔblɛm dɛn

#lman tink se dɛn de du di rayt tin, bɔt we dɛn de du dɛn yon gol dɛn nɔmɔ, dɛn de mek di karma lɔ fɔ kɔE ɛn ɛfɛkt, we go mɔs pwɛl dɛn yon gladi at ɛn ɔda pipul dɛn gladi at

!i mɔ we a de si di bad bad tin dɛn we de apin na di wɔl we mɔtalman nɔ no natin, na di mɔ a de no se gladi at nɔ go las ilɛksɛf dɛn mek di strit dɛn wit gold

>ladi at de fɔ mek ɔda pipul dɛn gladi, ɛn if ɔlman du dat, ɔlman go gladi

-n ɔlman go gɛt in pat pan di bɔku bɔku tin dɛn we de na di wɔl

Bikɔs wi kɔmɔt na dis wɔl usay wi nɔ no, na nɔmal tin fɔ lɛ wi de wɔnda bɔt wetin mek layf bigin ɛn wetin mek wi de li: wi layf

* i de yɛri ɛn rid bɔt wan pɔsin we mek dis wɔl, bɔt wi nɔ no aw fɔ riCh to am #l wetin wi no na dat di wan ol yuni:as de prɛd se in di:ayn maynd de

<ɔs lɛk aw di smɔl ɛn prɛsis pat ɛn di:ays dɛn we de na smɔl waCh kin mek wi kɔle di pɔsin we mek waCh, ɛn @ɔs lɛk aw di big ɛn kɔmpleks mashin dɛn na faktri kin mek wi sɔprayE ɛn kɔle di pɔsin we mek dɛn, na so we wi si di wɔndaful tin dɛn we >ɔd mek, wi kin sɔprayE wit di sɛns we ayd biɛn dɛn, ɛn wi kin aks se1 L%dat gi di Aawa wan shep we gɛt layf we i de fes di sanG kɔmɔt frɔmG

Na nɛt, di sta dɛn ɛn di mun, we de skata dɛn sil:a layt rawnd wi, de mek wi tink bɔt di kɔnshɛns we de

gayd dɛn sɛlestial bɔdi ya na di big big spes !i mun in saful layt nɔ go du fɔ di tin dɛn we wi de du ɛ:ride, ɛn so wan maynd we gɛt sɛns ɛn saful saful de sho se wi fɔ rɛst na nɛt !ɔn di san de kɔmɔt, in brayt layt de alaw wi fɔ si di wɔl we de rawnd wi wit klia wan ɛn serenity, ɛn wi tek am pan wisɛf fɔ fulfl wi nid dɛn

u we de fɔ fulɔp wi nid1 di we aw wi de li: wi layf ɛn di we aw wi de fl we wi de na di spirit * e wi wɛlbɔdi de pwɛl, fɔ ɛgEampul, wi kin go to dɔktɔ fɔ tritmɛnt Bɔt tɛm kin kam we dɔktɔ ɔ ɛni ɔda pɔsin nɔ go ebul fɔ ɛp, ɛn wi kin tɔn to di sɛkɔn weℕ to di spiritual pawa we mek wi bɔdi, maynd, ɛn spirit

" atirial pawa nɔ bɔku, ɛn we wi nɔ ebul, wi kin tɔn to >ɔd in pawa we nɔ gɛt limit !is kin apin bak to wi mɔni nid dɛn * e wi du wi bɛst ɛn stil nɔ gɛt inof, wi kin tɔn to da pawa de

#lman tink se dɛn prɔblɛm na di wɔs +ɔm pipul dɛn kin fl mɔ prɛshɔn pas ɔda pipul dɛn bikɔs dɛn resiliɛns wik Bikɔs ɔf difrɛns pan pipul dɛn maynd trɛnk, dɛn kin spɛn difrɛn ɛna@i ,f pɔsin gɛt prɔblɛm we pasmak ɛn in maynd wik, dɛn nɔ go ebul fɔ win am !i wan dɛn we gɛt pawaful maynd kin win dɛn prɔblɛm bay we dɛn brok di tin dɛn we de ambɔg dɛn ɛn shek dɛn fawndeshɔn Yet, i:in di wan dɛn we strɔng pas ɔl pipul dɛn kin gɛt fɔlt sɔm tɛm * e wi mit wit bɔku bɔku prɔblɛm ɛn prɔblɛm dɛn we kin apin na wi bɔdi, wi maynd, ɛn na >ɔd in yay, wi kin no aw layf pawa nɔ bɔku na dis wɔl we wi gɛt

* i nɔ fɔ @ɔs de tray fɔ gɛt gud wɛlbɔdi ɛn fɔ gɛt tin dɛn we wi nid, bɔt fɔ fɛn di minin fɔ layf

* etin na di riEin fɔ wi layfG * e prɔblɛm dɛn kin ambɔg wi, wi kin fɔs tɔn to di tin dɛn we de arawnd wi, tray fɔ a@ɔst ɛ:ri pɔsibul matirial we wi bili: se go gi wi rilif Bɔt we wi riCh na wan say we nɔ de ɛn se, 7#l di tin dɛn we a dɔn tray fɔ du nɔ wok, wetin mɔ a go

duG7 wi bigin fɔ tink siriɔs wan fɔ fɛn wan fayn sɔl: fɔ wi prɔblɛm -n we wi tink dip inof, wi kin fɛn di ansa insay wisɛf !is na wan we fɔ ansa prea

,nsay di stil we mi sol stil de

" ek a mit yu, " astaF

Possess mi, ɛn mek a fl yu preEɛns we go de sote go

,nsay mi ɛn rawnd mi

,nsay di solitude we a de tink, a kin want fɔ yɛri yu :ɔys

)ip di lawd nɔys dɛn na di wɔl fa frɔm mi

Ayd insay mi mɛmori

A go lɛk fɔ lisin to yu :ɔys we kol ɛn we de mek yu fl fayn

-n di siJman de ɔltɛm na di kwayɛt na mi sol

" i >ɔd, usay Yu de ɔlsay

Yu fɔ de de

!ip insay mi bɔdi ɛn mi kɔnshɛns

-p mi fɔ sho i:in smɔl pat

Frɔm di :alyu tin dɛn we ayd na mi spiritual maynF

D layt we de shayn

" i at de wek

" i maynd wɛlbɔdi

Ful mi spiritual tɛmpul wit yu glori

D Nɔt +ta we go de sote goF

-nisay we a bin de waka ɛn aw a bin de tɔn

!i magnɛtik kɔmpas nidul na mi maynd de kɔntinyu fɔ pɔynt to yu

,lɛksɛf di briE we de mek bad bad tin dɛn de blo yu

we di ren we kin kam we tin tranga ɛn bad bad tin kin wet

Bɔt dɛn bin de gayd mi maynd

Fɔ tɔn to yu ɔltɛm

" i bɔd we a lɛk, we de bit in wing

" idul di klawd dɛn we gɛt kɔnfyushɔn

ɛn di big big briE dɛn we kin mek pipul dɛn kɔnfyus

, go mɔs fɛn in we fɔ go to yu

rade trade

Na di at fɔ di ɛtɛ

* e wi kam na di wɔl as spirit

* i ɔl bin de slip

#nda di blankit we >ɔd lɛk

-n we >ɔd wek wi

* i dray: go fa frɔm am

<ɔs lɛk aw i bin de na di stori bɔt di bɔy pikin we bin lɔs in prɔpati

* i dɔn fɔgɛt di di:ayn bond of kinship bitwin wi

* i bin bi stren@a to wisɛf

-n bikɔs wi dɔn lɛf wi os na ɛ:in

* i dɔn bi na dis wɔl

ra:ulman dɛn we de tra:ul na di kɔna dɛn na di wɔl

* i de waka di rod dɛn we destiny de

* i dɔn go tu fa

* i dɔn muf go fa frɔm di say we wi bin de fɔs

Awe:a wan wan tɛm

+ɔm ples, ɛkspiriɛns, ɛn fes kin wek wi

" ɛmori dɛn we dɛn bɛr ɛn dip insay flin dɛn

, de wispa to wi

* i kin fl lɛk se wi de ɛkspiriɛns ɔltin nyu wan

in dɛn we wi bin dɔn no

* i kin mit ɛn kɔnɛkt wit di wan dɛn we wi lɛk

* i bin de nia dɛn

,nsay di tɛm we bin de fa fawe

D * an we mek di wan ol wɔl

Yu layt de shayn insay di big wan dɛn

" ek di di:ayn no we dɛn gɛt mek wi ɔndastand

$ɛ wi no se na yu na di men gol

* etin wi de tray fɔ du

! i big big tin we pɔsin want fɔ du
* e wi de aspir fɔ a@ɔst
(efresh wi wit di fragrant briE we yu de blo
Ful wi wit longing fɔ yu glori preEɛns
" ek wi bi nourished by Yu di:ain waes
" ek wi fl yu oli layt
, de ɔlsay na wi layf
-n i de mek wi mekɔp wi maynd mɔ ɛn mɔ
-n i de pul wi daknɛs
-n mek pis de kɔba wi
ɛn fɔ gɛt op
-n di want fɔ du gud tin dɛn
Bitwin di Prins ɛn di -nlayt -mit
* an tɛm, wan prins we bin de rul wit pawa bin go ɔntin wit in sa:ant dɛn ɛn in atɛndant dɛn, we bin gɛt ɔl wetin dɛn nid ɛn we gɛt wɛpɔn ! ɛn bin go dip dip wan na di fɔrɛst, dɛn bin de blo ɔn ɛn bit drɔm

Afta we di prins ɛn di wan dɛn we bin de wit am dɔn ɔntin sɔm bɔd dɛn, diya dɛn, ɛn tayga dɛn we gɛt wamat, dɛn kam fɔ no se dɛn dɔn lɔs dɛn rod

! ɛn bin gɛt bɔku it bɔt dɛn nɔ bin gɛt wata Pan ɔl we dɛn nɔ bin taya fɔ luk fɔ wata na di fɔrɛst, dɛn nɔ bin fɛn ɛni wan ! ɛn nɔ bin gɛt say fɔ atak dɛn frɔm di atak dɛn we di wayl wayl animal dɛn we bin de na nɛt bin de atak dɛn, as daknɛs bin de kam nia kwik kwik wan

! i san nɔ de igen, ɛn di prins we bin de bifo di kara:an, kam na wan ol os we dɔn pwɛl Afta i dɔn kɔmɔt na di ɔs, i push opin di domɔt we nɔ lɔk ɛn go insay di hut #ltin insay bin dak pas wan layt we de shayn na wan pan in kɔna dɛn, ɛn i tink wit pwɛl at se, 7,:in di hut nɔ gɛt pɔsin72

Bɔt bikɔs op bin de drɛb am, i kɔl se, 7Pis -nibɔdi de yaG7

, bin sɔprayE bad bad wan we i yɛri wan :ɔys we kol de ansa am wit kol at, se1 7Yɛs, a de ya Yu de luk fɔ wataG7

! i prins bin de luk fɔ smɔl tɛm na di daknɛs te i si di gɔst fɔ mɔtalman, ɛn i bin sɔprayE se di man no wetin i de tink i:in bifo i mit am ɔ no am

! i prins aks in ɔs se, 7%dat na yuG7 ! i ɔs ansa se, 7A po asCetiC de:oted to >od72

! i ɛmit layt wan lamp ɛn di prins kɔl in ɛntourage, ɛn dɛn fl big gladi fɔ fɛn wata ɛn frut na da rimot fɔrɛst de

! i prins aks di ɛmit se, 7Yu nɔ de fred tayga ɛn snekG7

! i hermit sheikh ansa se1 7Fɔ tru, tayga na mi pet pusi, ɛn snek na pis to mi * i na padi dɛn we de ɔltɛm bask insay di san fɔ >ɔd in lɔ: we de shayn pan ɔltin na dis ɛgEistens72

As di prins de luk di ɛmit mɔ, i bin fred we i si wan pe kobra we de dangle frɔm di ɛmit in nɛk * e i kam nia fɔ kɔnfɔm wetin i dɔn si, di snek dɛn his ɛn swɛt, dɛn de Aɔf dɛn ed, bikɔs dɛn bin no di shek we de shek shek we dɛn de fred ɛn di pɔsin we want fɔ pe bak we de lurk insay di prins in at

Pantap dat, da tɛm de wan pan di fɔrɛst tayga dɛn go insay di hut ɛn ledɔm kwayɛt wan nia di ɛmit in fut Afta di man we >ɔd kɔre@ am ɛn pat in ed, di tayga kɔmɔt kwayɛt wan, ɛn go na di at na di fɔrɛst

! i prins we prawd bin tink to insɛf se, 7 ! is ol man fɔ bi pɔsin we de du wetin rayt ɛn we gɛt gud at, bikɔs i bin protɛkt wi frɔm wayl animal dɛn ɛn tɔsti we de kil wi As blɛsin fɔ wetin i du, a go mek i @ɛntri7 ! ɔn i tɔk to di ɛmit, ɛn se1

7D +heikh, yu fes de shayn wit gudnɛs ɛn sinsi, ɛn a gladi fɔ ɔl wetin yu dɔn du fɔ mi ɛn mi ɛntourage +o,

a want fɔ trɔs yu sikrit we yu go yuE fɔ @ɛntri ɛn @ɛntri ! is sikrit we a de sho fɔ di fɔs tɛm, ɛn na to yu nɔmɔ72

As i tɔk dɛn wɔd ya, di prins tek wan ston ɔnda in klos ɛn kɔntinyu fɔ tɔk ɛn se1

7A wan trɔs yu wit dis famili trɔs Na di Filɔsofa in +ton, ɛn sɔntɛm yu go @ɛntri bay we yu yuE am ! is ston de mek gold, ɛn na wan pan di big big alkɛmist dɛn gi mi papa , gɛt di abiliti fɔ tɔn ɔltin we i tɔCh to klin gold Yu kin yuE dis ston fɔ wan ol ia ɛn tɔn ston to gold, dɔn sɛl dɛn fɔ bay yusɛf wan pales we gɛt gold A go kam27 bak to yu afta wan ia fɔ kam fɛn yu ɛn tek mi ston, we a tek am se i :alyu pas mi layf72

! i ɛmit nɔ bin want fɔ tek da rispɔnsibiliti de, bɔt fɔ ansa di prins in kɔntinyu fɔ ɛnkɔre@ am, i gri fɔ kip di flɔsofa in ston ! i prins si di ɛmit nɔ tek tɛm put di ston ɔnda in bɛlt Hwe pipul dɛn bin de put dɛn mɔni bikɔs dɛn de fred fɔ mek pipul dɛn we de tif amFI, dɔn di prins go na in rod

* an ia afta dat, di prins kam bak wit in ɛntourage, i bin de op fɔ si wan fayn fayn pales instead ɔf di hut we bin dɔn pwɛl Bɔt i bin disapɔynt we i si se di hut stil tinap ɛn in kɔndishɔn wɔs pas aw i bin de bifo +o i kɔmɔt na in ɔs ɛn push di domɔt opin, ɛn kɔl na di tap pan in :ɔys1 7Yu stil de alay:, ɛmitG7

! i ɛmit ansa wit strɔng ɛn dip :ɔys se1 7Yɛs, preE fɔ >ɔd, D Prins * ɛlkɔm to mi ɔmbul os72

* antɛm wantɛm ɛn witout preamble, di prins ala se1 7 * etin bad wit yu, manG * etin yu du wit di flɔsofa in ston we a lɛf wit yuG * etin mek yu nɔ yuE am fɔ @ɛntriG7

! i ɛmit tink fɔ smɔl tɛm ɛn afta dat i ansa se1 7 * etin na dis flɔsofa in ston we yu de tɔk bɔt, ɛn wetin yu min we yu se a fɔ @ɛntriG Fɔ tru, a nɔ want fɔ @ɛntri pas mi72

Panik bin seiE di prins, i tink se di ol ɛmit dɔn lɔs in ston bikɔs i nɔ bisin bɔt am, ɛn i tɔk wit :ɔys we tint wit beg se1 7A min di prɛshɔ flɔsofa in ston we yu put ɔnda yu bɛlt wan ia bifoG W-di, wit yu bɛltX, tɛl mi wetin yu du wit amG7

!i ɛmit ansa se1 7Na so i bi rayt naw a mɛmba yu prɛshɔ ston *an de a bin de dip tink bɔt >ɔd we a go was na di ri:a, ɛn a tink se di ston slip na mi klos ɛn di wata swɛla am "ek yu sef72

!i prins kray wit di tɔp pan in :ɔys se, 7D, mi lɔs we nɔ go ɛ:a Chen@F A dɔn lɔs ɔltinF7 ɛn i bin lɛf smɔl fɔ lɛ i fɔdɔm frɔm sheer astonishment !i ɛmit splash kol wata na in fes ɛn gi am layf bak, we di prins in ɛnChman dɛn bin de kam nia di sheikh, dɛn yay bin de bɔn wit bad at, de tray fɔ du am bad Bɔt di ɛmit laf ɛn se, 7D, Yu Aynɛs, we gɛt da kayn ay ay poEishɔn de, a nɔ bin no se yu go rayE da kayn fus de oba wan ston)am wit mi na di ri:a, ɛn a go du am luk fo yu ston en trai fo fain am72

!i prins ansa se, 7Yu dɔn lɔs yu mayndG Yu want fɔ luk naw fɔ wan ston we fɔdɔm frɔm yu ɛn di kɔrɛnt dɔn swip am wan ia bifoG7

Bɔt di ɛmit nɔ pe atɛnshɔn to in wɔd dɛn, ɛn ala pan am se1 L+mɔl Prins, nid nɔ de fɔ ɔl dis fus *et te wi luk fɔ di ston na di ri:a)am wit mi, una ɔlM

, tan lɛk se ɔnda spɛl, di prins ɛn in ɛntourage ansa di ermit in transparent magnetism ɛn dɛn fala am kwayɛt wan go na di ri:a !e, di ɛmit aks di prins fɔ pul in hankɛf na in poket, ol am bay in 5 kɔna dɛn, ɛn dip am insay di ri:a, ɛn pre so1

7D Prins fɔ Prins,)iJ fɔ)iJ, ɛn "eka ɔl Filɔsofa dɛn +ton, gi mi bak mi ston72

, nɔ tu te we di prins dɔn du dat ɛn es in hankɛf frɔm di wata, i sɔprayE fɔ si wit in yay we nɔ bili: pas twɛnti flɔsofa in ston dɛn, we fba di prɔpati dɛn we di

ɔri@inal wan we i bin lɔs * e i tɛst ɛni wan pan dɛn, i kam fɔ no se ɛni wan pan dɛn kin Chen@ ɔdinari biCh ston dɛn to gold !ɔn !i prins tay di ston dɛn na di hankɛf ɛn trowe am di bɔndɛl insay di ri:a

!i ɛmit ɛn in ɛntourage ala pan am se, 7 * etin mek yu du datG7 Bɔt di prins luk >ɔd in man, butu bifo am wit rɛspɛkt ɛn se1

7A want, sa, fɔ gɛt wetin yu gɛt di wan we de tek ston we de mek gold as ston we nɔ gɛt wan :alyu72

-n so di prins lɛf in kiJdɔm na dis wɔl fɔ lan frɔm di ol man we gɛt sɛns aw fɔ gɛt di kiJdɔm fɔ di spirit, we nɔ de insay di spes ɛn we nɔ de ɔnda di annihilation

!i moral fɔ di stori na dat, ilɛksɛf i tan lɛk se di @ɛntri we de na dis wɔl gɛt :alyu, na fɔ shɔt tɛm nɔmɔ ɛn dɛn fɔ lɛf am biɛn na dis wɔl we nɔ gɛt wan :alyu we di bɔdi go bi kol, bɔdi we nɔ gɛt layf

Bifo wi yuE di flɔsofa in ston, we na ya de sho di ebul fɔ gɛda @ɛntri we nɔ de te, wi fɔ tan lɛk di asCetiC we dɔn yuE in tɛm ɛn di ebul fɔ gɛt di di:ayn @ɛntri we nɔ de dɔn ɛn we nɔ de pwɛl

-nibɔdi we kam fɔ no >ɔd go gɛt @ɛntri we pas drim, ɛn if nid de, i go lɛf fɔ gɛt prɔpati lɛk se na ston, wit di op fɔ gɛt @ɛntri na >ɔd in yay ɛn ɛn@ɔy tru tru @ɛntri

* e wi de trit ɔda pipul dɛn

, rili impɔtant fɔ no ɛn gladi fɔ am

!ifrɛn kwaliti dɛn ɛn fayn kwaliti dɛn

* e dɛn distil frɔm dɛn ɛkspiriɛns dɛn

-n dɛn shep am frɔm dɛn yon we

,f wi stɔdi pipul dɛn wit opin maynd

* i go ebul fɔ ɔndastand dɛn ɛn dil wit dɛn fayn fayn wan

* i go ebul bak wantɛm wantɛm

Fɔ no di kayn pɔsin we wi de dil wit

Nɔ tɔk to pɔsin we sabi bɔt ɔs rɛs

Nɔ agyu wit sayɛnsman bɔt ɔganayEeshɔn na os

A no wetin intres di pɔsin ɛn wetin kin keCh dɛn atɛnshɔn

-n i tɛl am bɔt da tɔpik de

Nɔto bɔt tin dɛn we yu lɛk

,f wi want fɔ ɔndastand ɔda pipul dɛn

* i fɔ a:ɔyd fɔ kɔndɛm dɛn ɛn kɔndɛm dɛn

Bifo dat, wi fɔ luk insay di miro we de sho se wi ebul fɔ ɔndastand sɔntin

Fɔ no wetin nid fɔ fks ɛn impɔtantG

!at saykolo@ik miro rili difrɛn

Bɔt di miro we wi sabi we wi kin luk insay ɛ:ri mɔnin

-:ride a kin luk insay da sɛlf/miro de

,f a fɛn sɔntin we a nɔ lɛk

A de blem misɛf ɛn a de wok tranga wan fɔ kɔrɛkt am

!is we ya, pɔsin kin si in ime@

, de sho in tru tru fɔm na di miro fɔ in sol

-n i de go bifo ɛ:ride

Na di rod fɔ gɛt gladi at ɛn pis na yu maynd

" ek >ɔd blɛs yu

Pis de fɔ una

Netwok fɔ $ongings

Na ya a de, a de trowe di nɛt we a want fɔ du

,nsay di big big si we a de tink bɔt

Bɔku tɛm yu dɔn rɔnawe pan mi, D prɛshɔ di:ayn preyF

Bɔt, a de kɔntinyu fɔ go insay di dip dip ples dɛn we pis de

-n a nɔ de stɔp, a de trowe di nɛt dɛn fɔ mi lɔ: to una wan afta di ɔda wan

A fɔ keCh yu wan de na di nɛt we a de wet fɔ yu we nɔ gɛt ɛnd

A de trowe dis net fɔ mi lɔ: ɔlsay

Abo: di trɔbul wef dɛn na layf

-n bɔt di sta dɛn we de shayn

-n insay di dip dip ples dɛn we gud sol dɛn de

#l wetin a no na dat a na ɔntinman

-n a go kɔntinyu fɔ tray fɔ keCh yu

D diarest wish ɛn bigest treasure in egEistensF

A de aks Am fɔ pwɛl di :el dɛm fɔ ignoranCe ɛn pul di daknɛs fɔ ilyushɔn, ɛn fɔ bi di big big ambishɔn na yu layf ɛn di strɔngest longing na di tron fɔ yu want, ɛn fɔ ɛp yu fɔ transfɔm lethargi ɛn proCrastination to spiritual akti:iti we de puls wit gladi, nyu, ɛn ɛn@ɔymɛnt A de aks Am fɔ gi yu fɔ drink frɔm di wayn fɔ di:ayn lɔ: te yu bi we yu dɔn Chak, ɛn fɔ kam fɛn yu wit oli :isit usay kɔre@ de, ɛn fɔ was yu at wit di wata dɛn we gɛt lɔ: ɛn tɛnki, ɛn fɔ layt insay yu bi di lamp dɛn we de mek yu shɔ, ɛn fɔ mɛlt yu drim dɛn insay di rial tin we ,n blɛsin si, ɛn fɔ mek yu si insay Am satisfay ɛn satisfay, so dat kol at go de na yu sol ɛn di blɛsin dɛn na ɛ:in go kam dɔJ pan yu

+tillness min fɔ mek yu tink bɔt tin dɛn we de mek yu at kol

Fɔ mek di bɔdi kol ɛn kɔntrol wetin i nid

-nibɔdi we ebul fɔ du dat go gɛt kol at we go mek i fl fayn

, go fl sublaym we: ɛn impreshɔn frɔm rifn wɔl dɛn

-n ɛnibɔdi we de go dip dip wan insay stil, so

, go diskɔba >ɔd in kiJdɔm insay insɛf

As long as pɔsin de waka na rod

-ni mɔnt we i de spɛn in tɛm rili :alyu

* i de ya na dis land Hdi pase@ osI fɔ shɔt tɛm

#ltin de fɔ shɔt tɛm, bɔt di flin we >ɔd de fl de sote go

Natin nɔ go ebul fɔ pul am kɔmɔt na di at ɛn sol

* i nɔ fɔ alaw di tɛmtmɛnt dɛn we de na dis wɔl fɔ mek wi swɛ

Na bay we i de tɔn wi bak pan di men tin we wi want fɔ du ɛn di tin we wi want fɔ du we pas ɔl1 >ɔd

, pɔsibul fɔ mek wi no >ɔd

* i fɔ fɛn di masta fɔ di wan ol wɔl

Frɔm in layt di sta dɛn de shayn

-n wit ,n pawa at dɛn de bit

* i fɔ luk fɔ am na di ɛmpl fɔ +aylɛns

* e wi de kɔl >ɔd wit lɔng ɛn want

-n we wi tink bɔt am wit bɔn lɔng lɔng

* i go fɛn am

A nɔ de tɔk bɔt gɔd we wi nɔ no

Bifo dat, i de tɔk bɔt wan " asta we a dɔn kam fɔ no

-n na tru fɔ mi

, rial pas ɔl di tin dɛn we wi de si

Na di di:ayn si we de sɔpɔt ɛn sɔpɔt di wef dɛn na wi mɔtalman layf

* i kin du witout ɔltin

’ksept fɔ >ɔd

_Na so >ɔd, di * an we de rul, di rut, de ɔp‘

H!ɛn gɛt blɛsin fɔ di wan dɛn we gɛt klin at, bikɔs dɛn go si >ɔdl

Na nɔmal tin fɔ mek pɔsin fl se i nid fɔ lɛk ɛn lɛk am Bɔt dis lɔng we in at want na in kin dɔn fɔ di sɔs we da lɔ: de kɔmɔt, we na >ɔd

" ɔtalman lɔ: de bays pan bɔku ɛkspɛkteshɔn, kɔlkyulɛshɔn, ɛn sɔb@ɛkti: kɔnsidareshɔn, so no garanti nɔ de fɔ se i go de sote go bikɔs i tay bay kɔndishɔn

Bɔt di lɔ: we >ɔd de gi nɔ gɛt ɛni kɔndishɔn, i de ɔltɛm, ɛn i de sote go ,f i tɔCh yu at, yu go fɛn am wit yu ɔltɛm

Pan ɔl we tin apin, yu go fl am as sɔntin we de protɛkt yu ɛn mek yu gɛt kɔre@, i:in we tin tranga ɛn sɔfa

" idul di sɔfa ɛn tranga prɔblɛm dɛn

#lman kin lɛf yu, bɔt da oli lɔ: de nɔ go lɛf yu, i nɔ go mek yu at pwɛl, ɛn i nɔ go lɛf yu fɔ wɔri ɛn ilyushɔn, bikɔs na pawa we de protɛkt yu ɛn layt we de gayd yu frɔm ɛ:in midul di twist ɛn tɔn na layf

* e mɔtalman lɔ: Cha@ wit di:ayn lɔ:, i kin klin ɛn klia Bɔt if yu separet di strim, we na mɔtalman lɔ:, frɔm di spring, we na di:ayn lɔ:, i kin stɔp fɔ Aɔ ɛn lɔs insɛf na di san san na di wɔl

As lɔng as mɔtalman lɔ: gɛt sɔntin fɔ du wit >ɔd in lɔ:, i de mek di at sof, i de mek di kɔnshɛns fl fayn, ɛn i de wata di gadin dɛn na di sol wit di wata we de gi layf

$ɔ:1 Na sɔntin we de mek pɔsin want fɔ du sɔntin

#l wetin a de du, a de du wit ɔl di lɔ: we de na mi at

,f yu tray am, yu go si se yu nɔ de fl taya atɔl

Bikɔs lɔ: na di big tin we de mek pɔsin want fɔ du sɔntin, ɛn pɔsin we want fɔ du sɔntin we lɔ: de du, i gɛt spɛshal pawa fɔ du tin dɛn we sɔm pipul dɛn kin tan lɛk se i nɔ pɔsibul

3 + - ; - !

Atrakshɔn ɛn di ɔpɔEit sɛks

! i we aw pɔsin de luk fɔ klin, nit, ɛn klin

, nɔ bad fɔ mek pɔsin luk fayn

As lɔng as da apil de de ɔnda gud teist

Bɔt i bad fɔ lɛ pɔsin yuE mami ɛn dadi biEnɛs bay wilful

Fɔ mek pɔsin we nɔto in man ɔ uman lɛk am

! i atrakshɔn bitwin man ɛn uman fɔ kɔmɔt frɔm di sol

! i wan dɛn we gɛt kɔntrol fɔ dɛnsɛf

! ɛn nɔ de bost se dɛn na sayn fɔ mami ɛn dadi biEnɛs

! ɛn gɛt bɛtɛ Chans fɔ gɛt di rayt layf patna

,nsay mared/os we de go bifo

$ɔ: de fɔs, nɔto mami ɛn dadi biEnɛs

! is fɔ bi di bɛst ɛn di standad

,nsay sɔm kɔntri dɛn, dɛn nɔ kin kis ɔ tɔk to dɛnsɛf

Bitwin yɔJ man ɛn uman bifo dɛn mared

* e tu pipul dɛn fl se dɛn atrak dɛn we nɔ gɛt ɛni kɔndishɔn

to dɛnsɛf

! ɛn go rɛdi fɔ sakrifays dɛnsɛf

ru tru lɔ: na tru tru lɔ:

Na da tɛm de nɔmɔ dɛn kin f t fɔ gɛt tayt padi biEnɛs insay mared

Fɔ gɛt prɔpati nɔ gɛt wan yus

* e wan man ɔ wɛf tray fɔ kɔntrol di ɔda wan

! is na pruf fɔ se pipul dɛn nɔ lɛk dɛn

Bɔt we dɛn de sho se dɛn lɛk dɛn

* it tru tru ɛn padi intres

-n tek tɛm tink bɔt aw pɔsin de fl

-n fɔ rili want fɔ mek ɔda pipul dɛn gladi

$ɔ: kin gɛt wan fayn kwaliti

-n insay dis kayn rilayshɔnship

* i kin si smɔl bɔt aw >ɔd lɛk wi

$ayf we pɔsin nɔ ɔndastand na fɔ kil insɛf pan spiritual ɛn prɔpati

! i wan dɛn we gɛt sɛns, gɛt blɛsin

Na di nid we pas ɔl na di spiritual rod

-n na di rod dɛn we de na layf

Fɔ ɔndastand na Aashlayt

, de mek mɔtalman layt ɛn mek i gɛt sakrifays

Bifo pɔsin ebul fɔ riCh di men gol na layf

, fɔ gɛt da impɔtant ɛn impɔtant abiliti de

+o, pɔsin nɔ fɔ alaw di we aw pipul dɛn nɔ ɔndastand am fɔ mek i blayn

Na bikɔs na fɔ kil yusɛf pan >ɔd biEnɛs ɛn fɔ kil yusɛf

Fɔ ɔndastand fɔ bi sɔntin we de gayd wi pan ɛnitin we de apin

, nɔ mata aw di ɛkspiriɛns dɛn we wi de go tru at

* i fɔ ɔndastand di rayt we

>ɔd nɔ de mek wi sɔfa ɔ mek wi fl pen

Na wi de ɛp ɔ du bad to wisɛf

ru di ɔndastandin ɛn ɔndastandin we wi gɛt

wi nɔ ɔndastand ɛn nɔ ɔndastand

* i fɔ pre to >ɔd fɔ mek wi ɔndastand am

, nɔ mata di ɛkspiriɛns dɛn we dɛn prɛEɛnt to wi

di tin dɛn we wi de go tru

Na fɔ ɔndastand nɔmɔ go protɛkt mɔtalman

* e di tin dɛn we kin apin to mi kin tranga ɛn tranga mɔ

! i fɔs tin we a kin tray fɔ du na fɔ fɛn ɔndastandin insay misɛf

A nɔ de blem di tin dɛn we de apin ɛn a nɔ de tray fɔ kɔrɛkt ɔda pipul dɛn

Bɔt a kin go insay fɔs

A de tray fɔ klin mi spiritual fɔt

-n fɔ pul ɛnitin we go ambɔg da layt we de insay de

i de mek di pawa dɛn we di sol gɛt nɔ sho

i de mek i nɔ ebul fɔ tɔk wetin i tink

Na dat na di we fɔ li: sakrifays

, kin tan lɛk se fɔ rɔnawe pan prɔblɛm dɛn na di iEi we fɔ sɔl: di prɔblɛm

Bɔt pɔsin kin gɛt trɛnk we i de fɛt wit in kɔmpin we strɔng

!i wan dɛn we nɔ gɛt prɔblɛm nɔ de gro ɛn dɛn maynd nɔ de strɔng

Fɔ fred kin dɔn we wi gɛt ɔndastandin

* e pɔsin ɔndastand, dat de mek wi gɛt sef ɛn protɛkt wi

A dɔn gɛt bɔku ɛkspiriɛns dɛn na layf

-n di tin dɛn we bin at fɔ du pan dɛn ɛkspiriɛns dɛn de, na wit pipul dɛn

!ɛn nɔ bin @ɔ@ mi di rayt we

A dɔn si pipul dɛn we a dɔn lɛk

Pipul dɛn we a gi mi at to

!ɛn nɔ ɔndastand mi ɛn tɔn agens mi

Bɔt dat nɔ bin mek mi at pwɛl

Bikɔs bita tin kin mek pɔsin ɔndastand

A nɔ go alaw misɛf fɔ mek a fl bad

Na bikɔs ɔda pipul dɛn nɔ ɔndastand mi

Bifo dat, a kin tray

-p dɛn if dɛn de lisin to dɛn

+end dɛn gud intenshɔn

-n gud wish dɛn

* e yu sidɔm kwayɛt wan

Yu maynd go fri frɔm ɛni prɛshɔn

Bi yu wan wit yu tinkin ɛn kɔmɔt nia di wɔl ɛn di tin dɛn we i de aks fɔ

YuE yu maynd kɔnstrɔkti: wan ɛ:ri mɔnt

>ret tin dɛn kin kɔmɔt fɔs na di maynd

Na dat mek a kin kip mi maynd aktif ɔltɛm

As soon as di Chans kam

A kin akti: in kriet pawa dɛn wantɛm wantɛm ɛn di riEɔlt kin kam

ray fɔ du sɔntin we yu go ebul fɔ mek ɛ:ride

Fɔ mek yu tin dɛn bɛtɛ ɛn fɔ kɔntrol wetin go apin to yu

Bifo yu lɛf am fɔ kɔntrol yu

!ɛn kin mek wɛlbɔdi biEnɛs bɛtɛ

fɔ mek yu gɛt gud abit dɛn

fɔ gɛt sakrifays pan prɔpati ɛn spiritual sakrifays

Na bay we yu tek tɛm pe atɛnshɔn pan ɛni wan pan dɛn

* an tɛm

#l wetin a bin want fɔ du na dis layf

A bin ebul fɔ du am

" atter na tin we di maynd de mek

+o, no saykolo@ik limit nɔ de fɔ di maynd

,f yu ebul fɔ kɔntrol yu maynd

! i wan ol wɔl go drɔ to yu

A bin gɛt ɔl wetin a bin want

Na bin ɛn stil na di tin we a bin want pas ɔl

>ladi at pan >ɔd biEnɛs de insay >ɔd

! ɛn bin du wetin a bin want ɛn a fl gladi we a nɔ ebul fɔ ɛksplen

Pɔsin nɔ fɔ fl lɛk se i nɔ ebul fɔ du natin, i nɔ gɛt op, i nɔ fɔ fl bad

, kin kɔntrol wetin go apin to am bay we i de kɔntrol wetin i de tink

! u di yusful ɛn gud tin dɛn we yu want fɔ du

, bin gɛt wan intanɛnt diEayn we bin de disayd fɔ mek pipul dɛn Chen@ fayn fayn wan

Yu go ebul fɔ Chen@ yu destiny

-n mek di tin dɛn we de apin to yu na layf bɛtɛ

* it ,n ɛp, mek dɛn es am ɔp

A de kam lɛk briE we de kɔmɔt na paradays

! i disaypul fɔ Chɛk insɛf ɛ:ride

Fɔ no if i de go bifo di we aw i want

* e wi lan aw fɔ analayE wisɛf witout bias

* i go ebul fɔ no wisɛf ɛn ɔda pipul dɛn

! i wan we de li: na dis wɔl wit ɔndastandin ɛn lɛf am wit awareness

, go fɛn tin we nɔ de day

A de tray tranga wan fɔ bil mi disaypul dɛn layf

-n dayrɛkt dɛn tinkin to di say we dɛn kin gɛt gladi at ɛn usay layt kin kɔmɔt

Na dat mek a kin pe atɛnshɔn mɔ pan di spiritual aspek fɔs

* itout negleCt di matiral aspek fo laif

-n a want di wan dɛn we want fɔ no >ɔd wit dɛn at ɛn sol

Na bikɔs wi nɔ go ebul fɔ no >ɔd bay we dɛn de agyu wit sɛns

bay we yu de lisin to lawd sermon dɛn we de mek pɔsin fl bad

* e de mek wan intanɛnt agiteshɔn na di sol

* etin a de kɛr insay mi sol rili oli to mi

A nɔ ebul fɔ tɔk randomly

A @ɔs de tɔk bɔt wetin a dɔn tɛst ɛn Chɛk

ru di no bɔt yusɛf ɛn di ɛkspiriɛns dɛn we yu gɛt na layf

Fɔ dis riEin, dɛn tiChin ya na tru fɔ mi

A nɔ de tray fɔ priCh, bɔt a de tray fɔ tɔk bɔt dɛn tru tin dɛn de

* e a gɛda frɔm di gadin fɔ mi pasɔnal ɛkspiriɛns

A de kam lɛk briE we de kɔmɔt na paradays

Fɔ kɛr di sɛnt fɔ di trut

Frɔm di >adin dɛn we Nɔ ! e sote go

A nɔ de aks fɔ ɛnitin fɔ misɛf

! i wangren tin we a want na fɔ gi yu

! at sɛnt we kɔmɔt na ɛ:in

-n afta dat a kin kɔmɔt na di shore dɛn na di wɔl

Fɔ go bak wan tɛm bak to di kɔsmik at

-n wetin a de gi una a want mek una ɛkspiriɛns fɔ unasɛf

ru yu yon wanwɔd wit >ɔd

Na dat nɔmɔ a want

)i dɛn fɔ mek yu gɛt bɔku bɔku tin dɛn

-nibɔdi we want fɔ mek dɛn tink gri wit di bɔku bɔku tin dɛn we >ɔd de gi

, fɔ pul ɔl di gras dɛn we nɔ gɛt natin ɛn we po na di grɔn na in maynd

!i yuni:asal maynd pafɛkt ɛn i nɔ no nid ɔ stinginess

-n ɛnibɔdi we want fɔ gri wit da kɔsmik stoa os de

, fɔ mek pipul dɛn no bɔt bɔku tin ɛn prɔsperiti

,:in if i nɔ no usay di nɛks it go kɔmɔt

* i fɔ tink bɔt di bɔku bɔku tin dɛn we >ɔd de gi as ren we de mek wi fl fayn ɛn we de kam bɔku bɔku wan

, de fɔdɔm ikwal pan ɔlman

,f pɔsin es kɔp, dɛn kɔp go ful/ɔp

-n if yu put big pɔtHɔ kɔntenal ɔnda di ren

, kin gɛt in ful/ɔp lɛk klin ɛn blɛsin ren

%s bɔtul wi de yuE fɔ gɛt di bɔku bɔku tin dɛn we de na ɛ:inG

!i kɔntena we yu want fɔ ful/ɔp kin gɛt prɔblɛm ɛn ol dɛn

+o, i fɔ rɛdi ɛn mek am fayn fɔ gɛt di blɛsin Aɔ

!is kin apin bak to mɔtalman

,f di :essel fɔ riEin we de rayE am to di trɔs na ɛ:in de sɔfa wit dɔti

!ɛn fɔ mek am fayn ɛn mek i gri fɔ tek am so dat i go ebul fɔ tek di bɔku bɔku blɛsin dɛn

!at awareness nid fɔ ripɛnt ɛn kɔrɛkt

Na bay we i fri am frɔm ɔl di fred ɛn dawt

’n:y ɛn et ɛn klin am wit wata we de klin

* ata dɛn we gɛt pis, kol at, tru tru, ɛn di:ayn lɔ:

!i wan ol wɔl de step asay fɔ mek ples

Fɔ da pɔsin de we no usay i de go

, de set ɔf go to am wit di ditarminieshɔn fɔ pɔsin we de luk fɔ

)i dɛn fɔ mek yu gɛt bɔku bɔku tin dɛn

,s/ * ɛst ,nna)ɔlChɔ
,f yu gɛt strɔng maynd
-n i bin mek i gɛt strɔng maynd
Yu kin kɔntrol wetin go apin to yu
ray fɔ tɛst yu maynd trɛnk pan smɔl smɔl tin dɛn fɔs
* ok fɔ mek i strɔng so dat i go ebul fɔ du bɔku big big tin dɛn fɔ yu
A dɔn ɛkspiriɛns dis na mi layf ɛn a de tɔk wit kɔn:ikshɔn
!i pawa fɔ mek pɔsin gɛt sakrifays de na di maynd
Yu go no dis tru tin if yu kɔntinyu fɔ bili: tranga wan
* e di wɔl de dawt ɛn di wan dɛn we de mek dɛn at pwɛl de mek dɛn at pwɛl
Pik wan patikyula tin we yu lɛk fɔ du ɔ wok we ɔda pipul dɛn nɔ go tink bɔt
!at yu kin du am fayn fayn wan
)ɔntinyu fɔ du am te yu ebul fɔ du am
+tart wit gol dɛn we nɔ impɔtant
Yu maynd pawa go gro smɔl smɔl
e yu ebul fɔ du wetin yu dɔn plan fɔ du
!i wɔl ɛn yu famili de put yu insay wan patikyula we
Bɔt wok wit sɛns ɛn wok tranga wan
Na Chen@ we go wok fayn
No limit nɔ de fɔ di pawa we di maynd gɛt
Fokus pan dis aidia
Ful yu maynd wit di dray: fɔ a@ɔst
-n di maynd fɔ du gud wok
owards aChie:ing yu gol dɛm
)ɔntinyu fɔ push yu tinkin to ay aChi:mɛnt
!ɛn bin gɛt @ɛntri na >ɔd in yay
-n ɔltin go bi @ɛntri ɛn prɔsperiti
Na yu kɔmand ɛn na yu sa:is

" i layf de tɛstify dat

%dat na di pipul dɛn we rili gladiG

" ɔtalman fɔ lan fɔ bisin bɔt ɔda pipul dɛn

Fɔ fɛn gladi at bay we yu de mek ɔda pipul dɛn gladi

Na tru ɛn fayn gol fɔ di wan dɛn we lɛk >ɔd

Fɔ gi ɔda pipul dɛn gladi at rili impɔtant fɔ mek wisɛf gɛt gladi/at

Na tɛst we ful/ɔp wit satisfay wit yusɛf

+ɔm pipul dɛn @ɔs de tink bɔt dɛn famili ɛn dɛn nɔ bisin bɔt ɔda pipul dɛn

#da pipul dɛn de tink bɔt dɛnsɛf nɔmɔ ɛn dɛn nɔ de tink bɔt ɛni ɔda pɔsin

Bɔt na dɛn wan ya nɔ de test gladi at

, nɔ rayt fɔ tray fɔ gɛt gladi/at fɔ wisɛf

-n nɔ pe atɛnshɔn to di gladi at we ɔda pipul dɛn gɛt

+ɔmbɔdi we de tek ɔda pipul dɛn mɔni fɔ insɛf we nɔ gɛt ɛni pen na in kɔnshɛns

, go bi se i @ɛntri, bɔt i go mɔs bi se i nɔ go gladi fɔ in layf

Na bikɔs di tin dɛn we dɛn de tink bɔt fɔ :ɛks ɛn nɔ satisfay go rawnd am ɛn mek i nɔ gɛt kolat

* e pɔsin de tray fɔ mek insɛf gladi pan ɔl we ɔda pipul dɛn de pwɛl am

#lman go tray fɔ mek i nɔ gladi

Bɔt if i tray fɔ mek ɔda pipul dɛn gladi

,:in if i nɔ gɛt bɛtɛ kɔmfɔt fɔ insɛf

#lman go mɛmba am wit gladi at ɛn wish am fɔ gɛt sakrifays

* e wi de tink bɔt wetin wi nid

* i fɔ tink bak bɔt wetin ɔda pipul dɛn nid

* e wi bisin bɔt dɛn biEnɛs, wi kin want fɔ ɛp dɛn ɛn mek dɛn gladi

! i pɔsin we lɛk fɔ du wetin i want, de li: wit wanwɔd ɛn satisfay wit insɛf

* it in famili ɛn wit di wɔl we de rawnd am

* ail di pɔsin we de tink bɔt insɛf nɔmɔ kin gɛt prɔblɛm ɔltɛm

, nɔ kin gɛt pis na in maynd igen

! i stori bɔt di naf bɔbɔ we bin Chen@ pan >ɔd biEnɛs

* e a bin de supa:ayE mi skul na (anChi, ,ndia, dɛn bin briJ wan bɔbɔ we ol pas di a:re@ e@ fɔ di studɛnt dɛn to mi a tɛl in mama ɛn papa we briJ am se a kin tek bɔy pikin dɛn we nɔ riCh twɛl: ia yet, bɔt a go aksept am if i gud

A tɔk to di bɔbɔ wit ɔl mi at, ɛn tɛl am se1

7Yu de smok, bɔt yu mama ɛn papa nɔ want yu fɔ smok Yu dɔn sakrifays fɔ brok yu mama ɛn papa dɛn wil, bɔt yu nɔ ebul fɔ pul yu nɔ gladi, ɛn yu nɔ gladi go bɔku if yu kɔntinyu wit dis bad abit72

" i wɔd dɛn hit dɛn mak, ɛn i bigin fɔ sob, se, 7 ! em de bit mi ɔltɛm72

+o a tɛl am se1 L ink bɔt wetin yu dɔn du to yusɛfF Bɔt pan ɔl dat, a go aksept yu as disaypul pan wan kɔndishɔn1 dat a go bi yu padi, nɔto pɔsin we de tɛl yu agens yu As lɔng as yu ɔnɛs fɔ kɔrɛkt yu mistek dɛn, a go ɛp yu, bɔt if yu lay to mi, a nɔ go du natin fɔ yu bikɔs lay de pwɛl padi biEnɛs Yu kin ayd di trut, bɔt tek tɛm fɔ layM

A aksept am as studɛnt ɛn tɛl am se, 7- :ri tɛm we yu fl lɛk fɔ smok, a go briJ sigrɛt fɔ yu72

, kam to mi wan tɛm ɛn se1 A fl tranga wan fɔ smok HCra:ing to the point of deathI 2

A gi am di mɔni, ɛn i nɔ bili: in yay , se, 7)ip di mɔni,7 ɛn fɔ tru i Chen@ in maynd

A bin ɛnkɔre@ am saful wan fɔ go bay tabak, bɔt i nɔ bin du am ,nsted, i se1

7Yu mait no bili: mi, bot a don los di desire fo smok komplit72

!is bin mek, ɛn wit mɔ edyukeshɔn ɛn rifnmɛnt, i bin bi gud pɔsin ɛn in spiritualiti bin rili klia

Fɔ dɔn, a bin ebul fɔ wek in spiritual kɔnshɛns

!i sayn dɛm fɔ spiritual awareness kin si ɛn fl tru di self/e[ort fɔ go agens di kɔrɛnt fɔ ol, misguided abit dɛm to tru ɛn las gladi gladi

Yu kin rid ɔ yɛri bɔt pɔsin we de du sɔntin ɛn kɔntinyu fɔ tray te di ɛnd, bɔt na smɔl pipul dɛn nɔmɔ de tray tranga wan fɔ lɔng tɛm

Bɔt pɔsin kin tray tranga wan te in tin Chen@ fɔ bɛtɛ, ilɛksɛf in mistek dɛn dip lɛk di si

Na mi wangren bin tra:ul na di si shore

-n a si di wef dɛn we de kraCh de ala lawd wan

Fɔ sho yu layf we big big briE de li: insay di tayd we de blo

!i ɛkspɛnshɔn we de mek pɔsin fred ɛn we gɛt fɛt/fɛt

, bin mek a shek shek ɛn muf kɔmɔt nia di bad bad wamat we di tin dɛn we >ɔd mek kin :ɛks

As a de luk rawnd, a si wan tik we gɛt shado de we: mi an dɛn we gɛt padi biEnɛs wit am

)ɔmfɔt wit wan kayn, sublaym luk

, lif dɛn bin de swɛla to di ritm we di briE bin de blo

!ɛn bin tɛl mi wan mɛse@ we saful saful, we a bin no se na frɔm yu

A tɔn mi yay to di skay we nɔ gɛt bɔda

-n insay in at we dɔn dak, a bin tray lɛk pikin fɔ tif wan glans pan yu

A bin de luk fɔ yu bɔdi we ayd biɛn bɔku bɔku klawd dɛn fɔ natin

-n di sprɛy fɔ fom ɛn grɛn lif, bikɔs i tu saful fɔ mek mi yay si

Yu :ɔys tu klin fɔ mek mi yes yɛri

Bɔt, a bin no se una de nia dɛnsɛf bad bad wan

Bɔt yu, dia sol, bin de slip go V lɛk gem fɔ ayd ɛn si V 2

-:ri tɛm we a kin kam nia yu, a kin tray fɔ keCh yu

A bin de luk fɔ yu ɛn fɛn we fɔ go to yu

Na bay we dɛn de ayd di we aw pipul dɛn nɔ no natin we dɔn ol lɛk tɛm sɛf

Fɔ dɔn, a bin stɔp fɔ luk fɔ yu bikɔs a nɔ bin gɛt op ɛn a nɔ bin gɛt op

Dh yu we sabi fɔ a:ɔyd di wan dɛn we de rɔnata yuF

A dɔn lɔs misɛf na di labirint dɛn na di spes

%say no op nɔ de fɔ keCh yu ɔ fɔ luk yu fes

-n a tɔn bak pan yu kwik kwik wan, ɛn di si we bin de blo nɔ bin gɛt ɛni ansaF

<ɔs wispa frɔm di gud tik

-n kwayɛt frɔm ples we nɔ gɛt ɛnd

Frɔm dip :ali dɛn ɛn mawnten dɛn we de ɔp

#l dis bin de mek a fl bad te a rili fl bad

$ɛk pikin we in flin dɔn pwɛl, a bin lɔs ɛn stɔp fɔ luk fɔ yu

Bɔt wantɛm wantɛm ɛn we dɛn nɔ bin de ɛkspɛkt

* an an we dɛn nɔ si, es in an ɛn pul di tik tik :el

* e dɔn ayd yu frɔm mi fɔ lɔng lɔng tɛm

* it di big big gladi at

A tɔn ɛn si wan si we de laf, nɔto wan ala ala we :ɛks

-n wan wɔl we gɛt gladi/at

-n ethereal domɔt dɛn opin, we di fɔg fɔ drim de pas tru

-n nia mi, wan pɔsin we a rili lɛk, we a nɔ de si bin tinap

, wispa to mi wan wispa we swit ɛn klin pasmak1

7 * ɛlkɔm, wɛlkɔmF Yu bin want mek a kam, so na ya a deF7

* hispers From ’ternity

Na bikɔs fɔ tɛl >ɔd tɛnki min fɔ lɛk am

* i kin tray fɔ kam nia am ɛn fɔ no am

Bikɔs na in na di wan we gɛt fri/an pas ɔl di gift ɛn prɛEɛnt dɛn we >ɔd gi

, min fɔ li: wanwɔd ɛn wanwɔd as famili we gɛt lɔ: ɔlsay na di wɔl

* i kin mek wi gɛt maynd fɔ sa: wisɛf ɛn fɔ bisin bɔt ɔda pipul dɛn wit padi biEnɛs

-n fɔ no se na >ɔd de rul pas ɔlman na dis wɔl

-n se wi de wok fɔ mek pipul dɛn no bɔt am frɔm dense to subtle

-n frɔm kɔnfyus tinkin to smɔl, selfsh intres

Fɔ mek di sɛklɔ fɔ mɔtalman sɔri/at go bɔku

-n fɔ wok fɔ bil wan wɔl we pipul dɛn lɛk fɔ du gud ɛn we dɛn de tink bɔt ɔda pipul dɛn

!is we ya wi go tɛl >ɔd tɛnki

Fɔ dis layf we , dɔn gi wi

-n pan di Chans we i gi wi

Fɔ tɛst tru tru fayn fayn tin dɛn

-n rial pis

lɔ: we gɛt fɔ du wit >ɔd biEnɛs

-n klin gladi at

,f wi lɛk >ɔd wit wi at, maynd, ɛn sol

+o wi de kip fɔ wisɛf wan spiritual @ɛntri we nɔ de dɔn

* i de mek shɔ se wi gɛt ɔl wetin wi nid na dis layf

Bɔku pipul dɛn dɔn tɔk bɔt >ɔd

Bɔku pipul dɛn bin sɔprayE fɔ si di fayn fayn tin dɛn we i bin de du

Bɔku pipul dɛn dɔn rid bɔt am

Bɔt di wan dɛn we bin ɛkspiriɛns in preEɛns

-n di wan dɛn we bin test di swit we i swit, nɔ bɔku

Na dɛn pipul ya sabi am

* e wi no >ɔd, layf kin swit

$aif ful/ɔp wit gladi/at ɛn brayt op

" ek di at ful/ɔp wit tɛnki fɔ >ɔd

Pan ɔl we , bin rili lɛk am

-n ,n blɛsin dɛn we nɔbɔdi nɔ ebul fɔ kɔnt

#l mɔtalman kin bi midulman

ru am, spiritual magnetiEm de Aɔ

Bɔt tin dɛn we pɔsin kin want fɔ du fɔ insɛf nɔmɔ

-n di lɔ: fɔ re:aJg

ɛn et pipul dɛn

)ɔmpawnd dɛn we nɔ gɛt bɛtɛ tin fɔ du

#l dɛn tin ya de stɔp di Aɔ we da magnɛt ɔ pawa de Aɔ

Na mistek fɔ ambɔg ɔ mek i nɔ ebul fɔ Aɔ

+aykolo@ik balans de ɛp fɔ sho magnetiEm

* e pɔsin ɔmbul ɛn gud

, de sho se i gɛt magnɛt

" editashɔn na di laboratori we

* i kin diskɔba di blɛsin pawa dɛn we de insay wi

* e di at ful/ɔp wit di lɔ: we >ɔd gɛt

-n di yay dɛn ful/ɔp wit in layt

" agnetism kin bi spiritual in nature

Big difrɛns de bitwin spiritual magnetism

Na sublaym inAɔɛns

Animal magnetiEm

Na pasɔn ɛn instinkt dɛn de drɛb am

, impɔtant fɔ no difrɛns bitwin dɛn tu kayn magnetiEm ya

+piritual magnetism de bays pan altruism ɛn bɛnift ɔda pipul dɛn

Animal magnetism na bikɔs dɛn de tink bɔt dɛnsɛf nɔmɔ ɛn dɛn de yuE ɔda pipul dɛn fɔ du bad

Pɔsin nɔ fɔ fred

’ksept fɔ fred insɛf

Na bikɔs na in na di big ɛnimi fɔ sakrifays ɛn wɛlbɔdi

, de pɔyEin di maynd

-n i de briJ di tin dɛn we pɔsin de fred

, de mek di pen mɔ ɛn mɔ

-n i de pwɛl di at

, kin mek di ner:ɔs sistɛm ɛn di bren pwɛl

+o, dɛn fɔ pul am kɔmɔt

Na bay we wi bili: se >ɔd de

Fɔ tink gud wan ɛn fɔ mek tin dɛn

Dptimism ɛn op

rust in di:ain protɛkshɔn

-n dat ɛnibɔdi we lɛk >ɔd

-n i de waka insay ,n layt

!i daknɛs we de mek i fred nɔ go ebul fɔ pas am

Na bikɔs >ɔd de wit am

-nibɔdi we gɛt >ɔd wit am, na gud an

layf we balans

, kɔmɔt frɔm we pɔsin gɛt sɛns

ɛn di:ɛlɔp intanɛnt fɔs dɛn

Na bay we yu de di:ɛlɔp di sɛns fɔ kɔnsɛntret

-n fɔ gɛt fridɔm fɔ tink

-n di ebul fɔ pul di bad tin dɛn we kin apin to pɔsin

-n nɔ alaw am fɔ go insay di layers fɔ kɔnshɛns

+o dat di skay fɔ di sol ɛn di layt fɔ sɛns nɔ go dak

Fɔ li: akɔdin to di prinsipul dɛn bɔt gud abit ɛn gud abit dɛn

* an kɔrɛkt ɔndastandin fɔ di lɔ bɔt kɔE ɛn ɛfɛkt

-n bɔn di sid dɛn fɔ bad tin dɛn

* it di faya we de mek pɔsin tink gud wan ɛn we de beg am

-n fɔ le di fawndeshɔn fɔ gladi gladi spiritual tumara bambay

* it gud intenshɔn

>ud tin dɛn fɔ du

+aund ɛn klin lɔ@ik tinkin

Pre fɔ di disaypul dɛn

+ɛ:inti ia bifo dis tɛm, di tiCha we nem Paramahansa bin rayt dis prea

,nsay de, i de aks fɔ >ɔd in spɛshal gudnɛs, ɛp, ɛn gayd fɔ ɔl di wan dɛn we de luk fɔ am

Na di rod dɛn we pɔsin kin wek pan >ɔd biEnɛs

" asta, ɛp mi fɔ mɛmba Yu pas aw a mɛmba misɛf

-n mek yu bi di big big kiJ, we sidɔm pan mi at

Blɛs ɔl di wan dɛn we de kam to mi

!i wangren tin we a want fɔ dɛn na fɔ mek dɛn fl yu blɛsin ɛn ɛkspiriɛns yu lɔ:

Yu na mi layf

'n yu na mi lo:

Yu na mi @ɛntri ɛn mi say fɔ ayd

-n to una a prɔmis mi lɔyalti we nɔ de shek

" ek di layt fɔ yu lɔ: shayn pan di ɔlta we a want

-n fɔ wek lɔ: fɔ una na ɔl di at dɛn we de gri fɔ tek una

Yu dɔn gi mi wil, di maynd, ɛn trɛnk

+o dat a go briJ di sol dɛn we want una

!i sol dɛn fɔ mi brɔda ɛn sista dɛn, pan ɔl we dɛn kɔmɔt na difrɛn say dɛn

" ek mi bi transparent midia

" ek di layt fɔ yu no Aɔ insay dɛn at

-n i de pul di shado dɛn we de sho se i de sɔri, i de fred, ɛn i de wɔri

A de tɛl una tɛnki ɛn tɛl una tɛnki frɔm ɔl mi at

Bikɔs yu dɔn blɛs mi layf wit yu kɔmplit preEɛns

-p mi fɔ spre yu mɛse@

* an mɛse@ bɔt lɔ:, pis, ɛn gudnɛs

A nɔ want fɔ ɔnɔ misɛf, bɔt a want fɔ gi yu glori

" ek inspɛkshɔn de biɛn mi wɔd ɛn raytin dɛn

+o dat di :aybreshɔn dɛm fɔ mi :ɔys ɛn wɔd dɛm go sho yu inspɛkshɔn

-n so dat yu trɛnk go kɔmɔt frɔm mi wil ɛn di maynd we a dɔn mekɔp mi maynd

!i tin we a want pas ɔl na fɔ gɛt blɛsin wit yu fay: ɛn fɔ mek dɛn du wetin yu want

#l di risaCh pipul dɛn we de kam to mi

A de preEant dɛn to una as bɔkul we gɛt gud sol dɛn

+hawa dɛn wit yu gudnɛs

-n ful/ɔp dɛn wit yu pis

-n insay dis las Chapta na mi layf

A de aks yu fɔ bi di wangren gayd fɔ mi stɛp dɛn

-n di inspɛkshɔn we oli pas ɔl fɔ mi tinkin

" ek mi ay ambishɔn bi

!ayrɛkt pipul dɛn maynd ɛn at to yu

A de beg yu fɔ protɛkt di disaypul dɛn frɔm ɛni bad tin

-n gi dɛn wata frɔm di spring dɛn we de na yu wata we gɛt layf

-n i de kia fɔ dɛn ɛn protɛkt dɛn

,nsay wek, slip, ɛn drim

-n mek di kia we yu de kia fɔ dɛn go wit dɛn ɛnisay we dɛn de

naw

,nsay ɛ:ri tɛm ɛn ples

3 *7 < 3 ,

Pipul dɛn kin kɔmplen bɔt di aidia fɔ lɛf sɔm tin dɛn na layf

Pan ɔl we dɛn de rili lɛf bɔku :alyu tin dɛn

Nɔto di las tin we de mɔna dɛn na fɔ gɛt pis na dɛn maynd sɔntɛnde dɛn kin i:in sakrifays dɛnsɛf

Fɔ mɔni we de pwɛl ɛn we nɔ de te

! ɛn kin tek @ɛntri frɔm pɔsin ɔ tek am frɔm am bay we i kɔmɔt na di wɔl

, nɔ go ebul fɔ kɛr am go wit am

! i wangren tru tru : alyu fɔ mɔni na fɔ spɛn am pan tin dɛn we go bɛnif t wi

- n fɔ mek pɔsin ɛn ɔda pipul dɛn gladi di we we go mek >ɔd ɛn in kɔnshɛns gladi

! i wan dɛn we de tink bɔt dɛn yon sef ɛn kɔmfɔt nɔmɔ

Fɔ fɔgɛt ɔ nɔ pe atɛnshɔn to wetin ɔda pipul dɛn nid

,nfakt, dɛn de ple ple wit po

* e go bi dɛn yon wan de

! i wan dɛn we de tay pan dɛn @ɛntri bifo dɛn yuE am fɔ du gud wok

! ɛn nɔ de briJ prɔsperiti to dɛnsɛf na dɛn nɛks layf

Bifo dat, dɛn bɔn dɛn po, wit di tin dɛn we di @ɛntriman dɛn want ɛn di tin dɛn we dɛn want

As fɔ di wan dɛn we de sheb dɛn @ɛntri ɛn prɔsperiti wit ɔda pipul dɛn

! ɛn kin mek pipul dɛn gɛt gud Chans ɛn bɔku tin dɛn ɛnisay we dɛn go

* e yu gi to di wan dɛn we f t fɔ gɛt am wit ɔl yu at

Yu go si se >ɔd de wit yu ɔltɛm

, nɔ go ɛ : a lɛf yu

* it ,n ɛp ɛn kia, yu nɔ go nid natin

Put yu trɔst pan >ɔd, ɛn in ɛp go kam to yu ɛn ,n kia go kɔba yu

* i nɔ fɔ fɔgɛt se wi layf kɔmɔt frɔm >ɔd

* e wi no se wi maynd, wi wil, ɛn di tin dɛn we wi de du

! ɛn ɔl de abop pan >ɔd ɛn gɛt dɛn trɛnk frɔm am

! ɔn wi go gɛt dairekt gayd frɔm am

* i go no se wi layf na wan wit ,n layf we nɔ gɛt ɛnd

! i wɔl ful/ɔp wit natura ɛn mɔtalman mek big big briE, ɛn >ɔd na di shild we nɔbɔdi nɔ go ebul fɔ win ɛn we sef frɔm di big big briE, ebi ebi ren, ɛn di bad tin dɛn we de apin na dis wɔl

- nisay we >ɔd de, nɔbɔdi nɔ de fred ɔ sɔri ! i tru bili: a tinap tranga wan ɛn mekɔp in maynd pan di fɛt/ fɛt dɛn we de apin na layf ɛn di prɔblɛm dɛn we de apin, i shɔ se >ɔd de wit am, i de protɛkt am frɔm bad tin ɛn i nɔ de ɛ: a lɛf am fɔ smɔl tɛm +o, fred nɔ de kɔmɔt na in at, ɛn di shɔ we nɔ de shek fɔ protɛkt am de tek rut

Fɔ nɔ fred min fɔ gɛt fet pan >ɔd ɛn in protɛkshɔn, ɛn bili: se in @ɔstis, in sɛns, in sɔri/at, in lɔ:, ɛn i de ɔlsay

Fɔ fred kin mek pɔsin nɔ gɛt in maynd trɛnk, i kin mek in maynd klawd, ɛn i kin mek di at nɔ de wok fayn Pantap dat, fred kin mek i gɛt prɔblɛm wit in bɔdi ɛn i kin mek i gɛt saykilɔ@ik sik

,nsted fɔ lɛ pɔsin sɔfa pan wɔri ɛn saykolo@ik kɔnfyushɔn, i fɔ mek shɔ se i sef ɔnda di protɛkshɔn fɔ >ɔd, di wan we de si ɔltin, di wan we de yɛri ɔltin, sef insay ,n fɔt we nɔbɔdi nɔ go ebul fɔ win, ɛn in sɔri/at ɛn kia we i de kɔba am

,lɛksɛf pɔsin de na di @ɔJgrɔn na Afrika, na say usay dɛn de fɛt, i de sɔfa wit sik ɔ po, i fɔ bili: dɛnsɛf se >ɔd in an strɔng pas di den@a ɛn i ebul fɔ protɛkt di wan dɛn we de go fɛn say fɔ rɔn go to am

No we nɔ de we go wok fayn pas dis fɔ protɛkt insɛf Na tru se pɔsin fɔ yuE lɔ@ik fɔ dil wit di tin dɛn we de apin ɛn di sem tɛm fɔ put kɔmplit trɔst pan di ɛp we >ɔd de gi am Fet nɔ ɛ: a min fɔ bi pɔsin we nɔ de tek tɛm ɔ du tin we nɔ gɛt sɛns pan ɔl we tin de apin Bifo dat, ilɛk wetin apin, pɔsin fɔ mek shɔ se na >ɔd

nɔmɔ ebul fɔ ɛp pan tɛm we tin tranga ɛn we de tray if pɔsin tɔn to Am wit ɔl in at, soul, ɛn di sɛns dɛn we pɔsin kin gɛt

$aif kin kɔba daknɛs, ɛn sɔntɛnde fut kin shek ɛn shem fɔ go bifo * i fɔ mek >ɔd in layt bi wi gayd lamp as wi de waka di dak dak rod dɛn na layf ,n na di ful mun insay di nɛt dɛn we wi nɔ no natin ɛn daknɛs, di san we de shayn insay di awa dɛn we wi de wek, di layt we de gayd pipul dɛn, ɛn di Nɔt +ta fɔ di wan dɛn we de tra:ul na di si dɛn na di wɔl, we de rɔnawe daknɛs

Prɔblɛm dɛn go kɔntinyu fɔ de na di wɔl, so usay pɔsin go tɔn fɔ gayd ɛn dayrɛkshɔnG ! i tin dɛn we pɔsin kin tink, we in abit dɛn, di we aw i de tink bɔt ɔda pipul dɛn, di tin dɛn we i bin dɔn tink bɔt bifo tɛm, ɛn di we aw i kin bisin bɔt ɔda pipul dɛn, nɔ kin gɛt ɛni yus, ɛn di tin dɛn we de ambɔg di say we i de, in famili, in kɔntri, ɔ di wɔl nɔ kin ebul fɔ gi di rayt gayd

+o, pɔsin fɔ tɔn to >ɔd ɛn lisin to di kwayɛt, pisful :ɔys we de kɔmɔt na di dip dip tin dɛn na in sol, we gri wit di trut

! i difrɛns bitwin mental kɔntemplɛshɔn ɛn spiritual introspeCtion

,f pɔsin program insɛf wit tiori no

, go bi pɔtabl rikodin di:ays

, kin ripit prɔ:ab dɛn ɛn tɔk ay ay wɔd dɛn

#da pipul dɛn kin si am as masta sabi bukman we lan buk

Bɔt da kayn no de

Nɔto we pɔsin de si di trut dairekt wan, dat de mek i strɔng mɔ ɛn mɔ

-n no spiritual tin nɔ de we wi go kɔmpia to am

! is kayn edyukeshɔn ɔ intɛlektualayEeshɔn

di 7ego7 de stil link to di sens maynd

* e insɛf de limited bay di fyEikal sɛns dɛm

iori no nɔ kin ebul fɔ gɛt di:ayn no

, fayn fɔ lɛ pɔsin nɔ west in :alyu tɛm

Bays pan tiori dɛm we dɛn nɔ go ebul fɔ yuE insay rial tin

,f nɔto dat, i go si insɛf na wan big big @ɔJgrɔn we gɛt sɛns

Nɔ ebul fɔ pas di say we di tiori dɛn de

!is prɔses nɔ go mek wi no di trut

Na bikɔs di trut de pas di opinion ɛn tiori

Bɔku pipul dɛn we de fala dis we fɔ du tin

!ɛn kin bi bound bay dɛn yon sub@ekti: kɔnklushɔn

,f pɔsin yuE in maynd pawa

Fɔ gɛt mɔni ɛn prɔpati, nɔto ɔda tin

,n kɔnshɛns go drɔ to di wɔl we wi de si

, kin tan lɛk tin dɛn we nɔ gɛt ɛnd

+o, di wan dɛn we gɛt sɛns kin se

Pɔsin nɔ fɔ gi ɔl wetin i ebul fɔ tink bɔt

* e >ɔd gi am fɔ luk fɔ tin dɛn we nɔ de te

,f nɔto dat, i go lɔs insɛf na di labirint fɔ matirial

, de mek fɔ insɛf tin dɛn we i nɔ ebul fɔ du ɛn tin dɛn we i nɔ ebul fɔ du we i nɔ nid

+o, bifo dat, i fɔ yuE di we aw i de tink

Fɔ gɛt di tin dɛn we pɔsin nid fɔ li:

-n fɔ tray tranga wan fɔ gɛt in kwaliti dɛn fɔ bie:

Fɔ mek dɛn ebul fɔ no difrɛns bitwin wetin rayt ɛn wetin rɔJ, i bad ɛn i go bɛnift

-n we i de di:ɛlɔp in sɛns pan >ɔd biEnɛs

, go ebul fɔ fl se >ɔd de insay am

-n fɔ shɔ bɔt di tru tin dɛn we gɛt fɔ du wit >ɔd biEnɛs

Ayd biɛn di :el dɛn we gɛt bɔku bɔku tin dɛn

!ɛn kɔl dis stet spiritual introspeCtion

* an pan di impɔtant tin dɛn we kin mek pɔsin go bifo pan >ɔd biEnɛs

Na di abit fɔ wispa tin dɛn to >ɔd

Yusɛf go si wan fayn fayn Chen@

Yu go rili lɛk am

,lɛk wetin de mɔna wi

>ɔd fɔ tek di fɔs ples na wi layf

* e pɔsin want fɔ waCh wan sho

bay nyu klos ɔ nyu motoka

Yu nɔ tink se na tru se in maynd de wɔri ɔltɛmG

* e i kam pan dɛn tin dɛn de ɛn aw fɔ a@ɔst ɔ gɛt dɛnG

, nɔ go rɛst te di tin dɛn we i want bi

Bifo dat, i de kɔntinyu fɔ wok tranga wan fɔ du dɛn tin dɛn de we i want

+o, mɔtalman maynd fɔ de tink bɔt >ɔd

-n afta dat, ɔl di smɔl smɔl tin dɛn we pɔsin want go Chen@

Fɔ wan strɔng want fɔ fl >ɔd ɛn tɔk to am

* e di maynd wispa to >ɔd wan wispa we kɔmɔt na in at ɛn we gɛt Eil

, de kɔmɔt na di dip dip tin dɛn we pɔsin kin want fɔ du

! i kɔl fɔ di sol go tɔCh di kɔsmik at

-n di ansa go kam, ɛn wit am big big gladi/at

* e pɔsin de wispa wit sɛns, dat kin mek i gɛt pawa fɔ du sɔntin

e yu gɛt inof trɛnk fɔ riCh di gol we yu want

* e pɔsin in maynd ɛn wetin i want gri wit >ɔd

! ɛn Cha@ dɛn wit pawa we nɔ gɛt limit

+o dat fɔ @ɔs tink bɔt sɔntin kin bi inof fɔ mek yu ebul fɔ du am

Na bikɔs >ɔd in lɔ de wok fɔ di wan dɛn we gri wit wetin pas ɔlman want

#l di wɔndaful tin dɛn we a dɔn du na mi layf

! ɛn kin ebul fɔ du am tru di pawa we di maynd gɛt we i gri wit >ɔd

* e di di:ayn @enɛra de rɔn

#l wetin a wish fɔ kam tru, witout ɛksɛpshɔn

, fɔs apia as wan ethereal, in:isible diEayn

!ɔn i kin apin wit pawa we pɔsin nɔ ebul fɔ stɔp na grɔn

!i sikrit fɔ mek pɔsin gro

* i de gro tru ɛ:ri ɛkspiriɛns we wi de go tru, as lɔng as wi no se wi kin lan :alyu lɛsin frɔm dɛn Fɔ ɔl di pen ɛn sɔfa we wi de sɔfa gɛt minin ɛn riEin

Pan ɔl we di tray dɛn bin tranga, dɛn tan lɛk faya we de mɛlt ayɛn ɔyl, we de Chen@ am to fayn fayn stɛl we de te, ɛn we de yuE bɔku tin dɛn

-n di stɛl we gɛt sɛns we wi kin pul bay di faya dɛn we de bɔn we de mek wi gɛt prɔblɛm na wɔndaful tin Bikɔs layf de klin wi bay we i de Chen@ wi bays mɛtal dɛn to :alyu tin dɛn so dat wi go li: na dis layf as sol dɛn we klin lɛk @ɔlɔs, we at lɛk stɛl, ɛn di sem tɛm we wi kin ebul fɔ Chen@ ɛn we wi kin bɛn we wi nɔ go ebul fɔ brok ɔnda di prɛshɔn we tin tranga ɛn prɔblɛm dɛn we nɔ iEi fɔ gɛt

* e wi si fes dɛn we :ɛks dɔn Chen@, we dɛn de si we dɛn de du bad bad tin dɛn, we dɛn de si de mek wi want fɔ drɛb di bad tin dɛn we de na wi yon solKsol we nɔ tɔCh ɛnitin pas bad tin ɛn dip grɔ@ we de mek di blɛsin di:ayn ime@ we de insay wi nɔ klia, @ɔs lɛk aw sɔt de pwɛl miro !i penful akshɔn dɛn we ɔda pipul dɛn de du fɔ wek insay wi di want fɔ mek wi yon bie: fayn ɛn kɔntrol wisɛf, so dat wi go bi masta fɔ wi tin dɛn we wi nɔ ebul fɔ kɔntrol, nɔto sle: to dɛn

)ind wɔd na wɔndaful mɛrɛsin fɔ bɔku sik dɛn, i gɛt pawaful, ɔlmost ma@ik, magnɛtik pawa we de briJ bɔku blɛsin ɛn prɔsperiti to dɛn spika !i wan dɛn we de yuE wɔd dɛn we de mek dɛn fl fayn, we saful saful, kin fl se wan kɔrɛnt we nɔ de si klia wan de Aɔ tru dɛn we nɔ de ambɔg dɛn, dɛn kin ful/ɔp wit bɔku bɔku

kwayɛt !is na bikɔs da kɔrɛnt de kɔnɛkt to in ay sɔs, we de ɔltɛm ɛn ɔltɛm riCh di sol dɛm we gɛt wanwɔd wit am !ɔn dɛn go ebul fɔ transmit dis Aɔ fɔ gladi at to sol dɛm we de want pis

-:ride, pɔsin kin luk na di miro fɔ si in fes bikɔs i want fɔ apia na in bɛst to ɔda pipul dɛn, so, i impɔtant pas ɔl fɔ mek dɛn tinap ɛ:ride wit dɛnsɛf ɛn luk insay di miro we de analays insay fɔ no wetin de biɛn di tin dɛn we de shayn na di wɔlG Bikɔs ɔltin we at fɔ si na do de gɛt in apil frɔm di insay ɛn natin nɔ go dɔti di miro na di sol)lin tin tan lɛk saykilɔ@ik distɔrshɔn lɛk :ɛks, :ɛks, @ɛlɔs, ɛn et -nibɔdi we tray fɔ fri insɛf frɔm dɛn kɔmpawnd ya we nɔ de nia di kayn we aw di sol tan, go mek di layt we de insay di fayn fayn tin dɛn we de insay de kɔmɔt insay ɛn i go test wetin di pɔsin we gɛt kwayɛt sol de fl

ru analisis wi de disko:a se mɔtalman prɔblɛm na tri tin1 prɔblɛm ɛn diEayd de we de atak mɔtalman bɔdi, ɔda wan dɛn we de atak di maynd, ɛn wan tɔd kategori we de blok di rod dɛm fɔ di sol

+ik, ol e@, ɛn day na di prɔblɛm ɛn tin dɛm wae de ambɔg di bɔdi wae de mit +aikɔlɔ@ik sik, bɔt, kin kam insay di maynd tru sɔri/at, frayd, :ɛks, wae pɔrsin nɔr want fɔ du, wae pɔrsin kin :ɛks, et, wae pɔrsin kin fl bad, wae pɔrsin kin fl fayn, wae pɔrsin kin fl bad, ɛn de saykilɔ@ik kansa wae kin mek pɔrsin nɔr de fl fayn, bɔt di sik wae de mek pɔrsin nɔr de fl fayn, bɔt na de sik na di sol, we de sho se i nɔ no natin, we ɔl ɔda sik dɛn kin kɔmɔt ɛn skata

Yuni:asal mɔtalman

,nspɛkt frɔm di tiChin dɛn we " asta Paramhansa bin de tiCh

Akɔdin to di si dɛn we de separet

Na wan rimot kɔna fɔ ɛgEistens

!i kosmik mɔtalman bin apia to mi

* it la:ish raydɛns

, de falamakata di we aw di san de kɔmɔt ɛn di we aw i de shayn

,n os bin de na di at fɔ di fɔrɛst dɛn we nɔ gɛt wan bɔt

A si am de waka waka na di gold mɛdɔd dɛn we gɛt sɛns

* it di :itality we yɔJ pipul dɛn gɛt

-n di gladi at we pikin dɛn kin gɛt

, de drim bɔt di ma@ik we di nyu mun de shayn

, de muf bitwin bɔku bɔku os dɛn

, de kɔmɔt wit layt ɛn agility

Frɔm di get dɛn we dɔn de fɔ lɔng lɔng tɛm

Fɔ smɔl tɛm di stren@ shep bin apia

!ɔn i nɔ bin de igen

!ɔn i kɔmɔt na do bak

!efying fading ɛn disappearanCe

<ɛlɔd lɛk di ɛtɛ we de na di ɛ:in we nɔ gɛt ɛnd

-n bɔku tɔCh dɛn bin de shayn frɔm in fes

!ɛn kin tɔk stori dɛn bɔt aw pɔsin kin want fɔ bɔn

-n di flin dɛn we de bɔn

-n di fayn fayn tin dɛn we pɔsin kin du we i yɔJ

-n klin yɔJ lɔ:

+pak dɛn we de sho se i gɛt fet we de shayn bin kɔmɔt na in yay

-n wan rosy glimmer fɔ kɔnfdɛns op

-n laytin we de mek di yay dɛn yay

Fɔ mek i strɔng ɛn fɔ mek i ebul fɔ du sɔntin

, de mek di kɔna dɛn na di wan ol wɔl shayn

, kin riCh di sta dɛn we de fa pas ɔl

!is glori we wi nɔ go ebul fɔ ɔndastandF

, de kɔmɔt frɔm yu at we de na di si, D kɔsmik mɔtalman

A dɔn de luk fɔ lɔng tɛm pan yu fɔm we gɛt glori ɛn we de shayn

A bin si ɛkstenshɔn ɛn sikrit dɛn we nɔ gɛt ɛnd

, bin tan lɛk se a si di mɔtalman spirit we de sho

,nsay ɔl di fayn fayn tin dɛn we i gɛt ɛn di fayn fayn tin dɛn we i gɛt

,st/ * ɛst " agaEin

>ud pas bad tin de na di wɔl

* e dawt de kam insay, wi fɔ mɛmba di layf fɔ big pipul dɛn Na tru se wi na mɔtalman, bɔt >ɔd dɔn gi wi ɛkstra ɔdinari pawa dɛn we wi nɔ kin yuE ɔltɛm, so wetin mek wi fɔ shek shek bikɔs wi de fred fɔ ol, sik, ɛn sɔriG

* i fɔ du wetin wi ebul fɔ kia fɔ di bɔdi, bɔt wi nɔ fɔ gri fɔ fred ɔ bɛr wisɛf ɔnda bɔku bɔku pipul dɛn we nɔ no natin ! i bɔdi nɔto di wan ol pɔsin

>ud pas bad na dis wɔl bikɔs na >ɔd na di pawa we pas ɔl Bɔt we bad tin apin to wi, wi kin tink se wi nɔ gɛt pawa fɔ kɔntrol am ɔ fɔ rɔnawe pan am

! i bad bad briE go mɔs blo, bɔt wi kin win di bad tin dɛn we dɛn kin du ɛn rayE pas dɛn

! ɛn nɔ gi wi layf fɔ mek i pwɛl wi, bɔt fɔ mek wi no se wi go de sote go, ɛn wi fɔ mɛmba dis trut

,f pɔsin nɔ gɛt fridɔm fɔ tink, i nɔ go ebul fɔ tɔk insɛf di we we klin, we kin apin bay insɛf, ɛn we natin nɔ de fɔ du " ɛmba se yu rili fri ! i pawa we di wil gɛt na fri ɔltɛm

,f yu yuE yu wil pawa kɔrɛkt wan, i go mek nyu karma fɔ yu, bɔt bɔku pipul dɛn nɔ want fɔ Chen@ ɔ mek di tray, so dɛn kin krɔs pan prɔblɛm dɛn ɛn dɛn nɔ kin ebul fɔ bia wit prɔblɛm dɛn

Pɔsin we de du ɛnitin we i want nɔto fridɔm bikɔs na wetin i want, ɛn dat mek dɛn nɔ go ebul fɔ kɔl wetin i de du fridɔm atɔl

ru fridɔm min fɔ du ɔltin wit wil we sɛns de gayd Pɔsin kin kɔntrol di bad tin dɛn we go apin to am we i dɔn du trade, we go mɔs fala am, if i akti: in wil ɛn yuE am fɔ du gud ɛn bɛnift

,f yu kɔndɔkt yu biEnɛs wit riEin ɛn wit pawa, di pawa dɛn we yu bin dɔn du fɔ di bad tin dɛn we yu bin dɔn du trade go wik ɛn yu gud abit dɛn go strɔng

!i abit dɛn we dɔn tayt dip wan kin mek wi bi sle: wan we, ɛn dat mek wi nɔ de li: wit tru tru fridɔm

* i kin want wetin wi nɔ gɛt ɔltɛm ɛn wi kin gɛt tayt padi biEnɛs wit tin dɛn we nɔ impɔtant * ans sɔntin dɔn gɛt wi, wi kin lɔs wi fridɔm fɔ disayd fɔ sɔm tɛm <ɔs lɛk aw pipul dɛn na ,st kin bi sle: to di kɔstɔm dɛn we dɛn bin dɔn du trade trade, na so bak di pipul dɛn na di * ɛst kin bi sle: to di wan dɛn we de naw * i kin mek wi yon destiny ɛn bi in sle: dɛn

* etin mek dɛn bɔn wan pikin na wikɛd famili ɛn dɛn bɔn ɔda wan na gud familiG -ni wan pan dɛn bin yuE dɛn fridɔm fɔ li: wan patikyula we we dɛn bin de li: trade Hinsay wan layf we dɛn bin dɔn li: bifol ɛn dis bin mek dɛn tin dɛn de apin to dɛnsɛf na dis layf

ru tru fridɔm nɔ de if >ɔd nɔ de * i fɔ tink bɔt am ɔltɛm ,lɛk wetin wi de wɔri ɛn tink bɔt, >ɔd fɔ tek di fɔs ples na wi at

-n we wi rili alaynɛd wit Am, dɛn go gi wi di abiliti fɔ du wetin wi fɔ akɔmplit, ɛni tɛm, wit ,n di:ayn ɛp

Ad:ays fɔ di disaypul

* an pan di studɛnt dɛn aks di tiCha we nem Paramhansa

Fɔ gi am sɔm ad:ays fɔ di:ɛlɔp insɛf, i bin tɔk

,f yu want mek pipul dɛn lɛk yu

+tart bay we yu lɛk ɔda pipul dɛn we nid yu lɔ:

-n if yu de ɛkspɛkt frɔm ɔda pipul dɛn

Fɔ bi fetful ɛn fetful to yu

Bi trut ɛn bi pɔsin we de biɛn dɛn

-n if yu want mek ɔda pipul dɛn nɔ du bad ɛn kɔni kɔni we

Nɔ alaw lay lay tin fɔ kam insay yu maynd

Nɔ du tin di we we go ambɔg ɔda pipul dɛn

,f yu want ɔda pipul dɛn fɔ sɔri fɔ yu

+tart bay we yu sho dɛn sɔri/at

-spɛshali to di wan dɛn we de arawnd yu

,f yu want mek ɔda pipul dɛn rɛspɛkt yu

Yu fɔ sho rɛspɛkt to di yɔJ wan dɛn ɛn di ol wan dɛn we de pan dɛn

,f yu want pis frɔm ɔda pipul dɛn

Yu fɔ li: layf we gɛt wanwɔd

,f yu want pipul fɔ bi rili@ɔn

Bi spirited ɛn mek ɔda pipul dɛn fl

Yu na gud rol model ɛn dɛn kin abop pan yu ɛn trɔst yu

Fɔ tɔk smɔl, ɔl wetin yu want ɔda pipul dɛn fɔ sho

* an pan di bɛnif t dɛn we gud gɛt

+ho am na yu layf fɔs

Yu go si se pipul dɛn kin bie: to yu di sem we

,f yu ebul fɔ no di say dɛn we yu nid

Fɔ di:ɛlɔp ɛn mek yu layf bɛtɛ

Nɔto fɔ f l se yu at pwɛl ɔr fɔ gɛt wan kayn inferiority CompleO

-n if yu de wok ɔltɛm fɔ mek yu abit bɛtɛ

!ɔn di tɛm we yu go spɛn go bɛnif t yu mɔ ɛn i go bɛnif t yu

* etin if yu spɛn am fɔ wish

!at pipul dɛn fɔ impɔtant dɛnsɛf

Yu gud ɛgEampul ɛn di fayn we aw yu de tɔk

Big abiliti fɔ Chen@ ɔda pipul dɛn

Frɔm wetin yu @ɔs want, yu :ɛks, ɛn yu wɔd dɛn

)ashmus na tin we nɔbɔdi nɔ go ebul fɔ kɔnt

Yu na di say we ɔl di gud tin dɛn de kɔmɔt

-n na di say we ɔl di pawa kɔmɔt

Blɛs wi, D " asta

+o dat wi go sho Yu blɛsin pan wi

,nsay wi wɛlbɔdi biEnɛs

ɛn di tin dɛn we wi want fɔ du wit sɛns

,nsay di we aw wi de tɔk bɔt >ɔd biEnɛs

Yu na di layt we de shayn na di sta dɛn

’ na@i we de insay atɔm dɛn

-n fɔ du gud na di at

Biuti de pan ɔnɛs

>retnɛs de pan ɔnɛs

-p wi fɔ riCha@ wisɛf

Na yu pawa we pas ɔl

* it yu sɛns we nɔ gɛt ɛnd

-n wit yu ɔthɛntiti we nɔ gɛt bɔda

" ek wi no se yu na wata we de mek yu gɛt wɛlbɔdi

ɛn di en:ayrɔmɛnt we de na layf

-n na di say we ɔlman ɔndastand ɛn no bɔt sɔntin

Fri wi frɔm di we aw wi nɔ no natin ɛn di tin dɛn we i kin du

Fɔ fred ɛn wɔri

" ek di wata we de Aɔd yu sɛns swip go

#l di wreCkage ɛn ruin fɔ wi layf

ear o[di :eil dem we de ayd yu fes fo wi

" ek wi si yu wit wan layt we rili brayt

Bɔku bɔku san dɛn de na di ɔrayEin na wi layf

" ek wi fl yu as pawa we de ridyus ɔltɛm

* i aidia dɛn kin mek pɔsin gɛt maynd

-n fɔ gi wi sol tin fɔ it

* i bɔdi de it

-n wi drim dɛn kin kam tru

Amen

Bɔku pipul dɛn nɔ no wetin mek

Frɔm we dɛn de na dis wɔl

!ɛn bili: se na di riEin fɔ layf

Na fɔ mek di tin dɛn we pɔsin want

Fɔ gɛt di tin dɛn we wi nid fɔ li:

Fɔ fɛn gladi at ɛn mɔtalman lɔ:

-n sɔrɛnda to di las pɔsin we kɔl na di ɛnd

Pipul dɛn kin bigin dɛn layf

Programma dɛn we gɛt patikyula tin dɛn we dɛn kin want fɔ du

-n tin dɛn we dɛn nɔ bin de du trade

-n dɛn de tray V wit wetin smɔl fri wil we dɛn dɔn lɛf V 2

Fɔ falamakata wetin ɔda pɔsin want ɛn du

,f dɛn miks wit biEnɛsman dɛn

!ɛn want fɔ tan lɛk dɛn

-n if dɛn de kip kɔmpin wit atis dɛn

At kin bi ɔltin to dɛn

>ɔd want wi fɔ du tin dɛn we wi de du na dis wɔl

, dɔn gi wi wan angri we nid fɔ mek wi wok fɔ satisfay am

Bɔt di luk fɔ it ɛn ples fɔ slip

" ɔni ɛn prɔpati, nɔto ɔda tin

, min se pɔsin kin fɔgɛt usay i de mek i gladi

Na tru se wi fɔ wok

Fɔ mek wi go ebul fɔ gɛt wetin wi nid

-n dat wi de tray fɔ riCh di rayt tin dɛn we wi want fɔ du

Bɔt fɔs ɛn di men tin

Fɔ opin wi at to >ɔd

* i de aks fɔ ,n gayd ɛn aprɔ:al pan ɔl wetin wi de du

!ɔn wi fɔ gɛt sakrifays na di skul fɔ layf

Na bikɔs wi go gɛt wi instrɔkshɔn dɛn

Frɔm di >ret " ane@a ɛn !ispɔEa

!i wan we no wetin wi nid

* etin bɛtɛ fɔ wiG

+o wi fɔ abop pan am

* i de put wisɛf ɔnda wetin , want

$ɛta dɛn to di tiCha Paramahensa frɔm in disaypul dɛn

!i mɛmori bɔt mi :isit to yu stil de

,nsay Bolyum c,B na di magaEin we dɛn kɔl ,nner 0ulture

$ɛta dɛn we di wan dɛn we rayt dɛn frɔm difrɛn kɔntri dɛn sɛn

* i kot dɛn tin ya frɔm am1

A wan tɛl una dat tru di ridin we a tink gud wan bɔt di tin dɛn we una de tiCh

A bin gɛt sɛns pan >ɔd biEnɛs

! i wan we a bin de luk fɔ ɔltɛm

Yu tiChin dɛn dɔn opin di domɔt dɛn fɔ mek a gɛt gladi/at

^ ^ ^

A de praktis yu spiritual a a rmations ɛ:ride

A kin si se di bad tin dɛn we a kin tink bɔt kin stɔp smɔl smɔl

! i fred we dɛn bin de fred dɔn dɔn

A kin ɛn@ɔy ɛ:ri mɔnt na mi layf

* i tɛl una tɛnki fɔ we una ɛp wi

^ ^ ^

A kin gɛt bɔku blɛsin dɛn

Frɔm di tin dɛn we yu de tiCh bɔt >ɔd

A de wet wit ɔl mi at fɔ rid wetin yu de tink

A kin du mi bɛst fɔ yuE am na mi layf

! i tin dɛn we yu de tiCh fayn ɛn i de bɛnif t wi

^ ^ ^

A de fain insay yu wɔndaful flɔsof

* etin de inspɛkt admireshɔn ɛn inspɛkshɔn

" i dip tɛnki fɔ ɔl wetin yu dɔn gi mi

Frɔm ɛp ɛn saykilɔ@ik kɔmfɔt

^ ^ ^

A gɛt wan ɔ:awɛl flin fɔ gɛt am ɛ:ri wik

Na wan nyu lɛsin frɔm di tin dɛn we yu de tiCh

A kin ɛn@ɔy ɛn gɛt sɛns pan ɛ:ri lɛsin

^ ^ ^

ank yu frɔm di bottom of mi at

Fɔ ɛp mi fɔ ɔndastand mi insay

-n fɔ mek a no di layt pawa dɛn we de insay mi

-n fɔ sho >ɔd in layt to mi sɛns

Na tru di tiChin dɛn we a bin gɛt frɔm una

^ ^ ^

A stil mɛmba mi :isit to yu

, dɔn de li: insay mi maynd fɔ 5 ia

A stil mɛmba yu kɔmplit fet pan >ɔd

-n di lɔ: we yu gɛt fɔ mɔtalman

, bin ɛp mi fɔ no misɛf

* e a bin tink se na mi wangren de

A nɔ gɛt padi dɛn ɛn a nɔ gɛt ɛnibɔdi we de sɔri fɔ mi

, bin mek a gɛt kɔnfdɛns pan misɛf ɛn i bin mek a gɛt mɔ maynd

, bin mek a gɛt maynd fɔ bia wit di tin dɛn we de apin na layf

^ ^ ^

Fɔ fɔti ia

A bin stɔdi difrɛn branCh dɛn pan sayɛns ɛn no

Bɔt a nɔ bin gɛt natin frɔm ɔl da stɔdi de

Pan sɔntin we kɔmpia to wetin a dɔn lan frɔm yu tiChin dɛn

^ ^ ^

A kin bɛnift bad bad wan we a de rid di tin dɛn we yu de tiCh

,f wan big nɔmba fɔ pipul dɛn

!ɛn kin stɔdi ɛn impru: yu aydia dɛn

!i wɔl we wi de li: insay go bi

, bɛtɛ pas aw i bi

^ ^ ^

A wan tɛl una tɛnki frɔm mi at

Fɔ di blɛsin dɛn we dɔn kam na mi layf

Frɔm we a bigin fɔ rid yu tiChin dɛn wit fɔs ɛn atɛnshɔn

ɛnki, ɛn mek >ɔd blɛs yu fayn fayn tray

-n yu wok we yu de du fɔ sa: mɔtalman

^ ^ ^

+ins a aks yu fo pre fo mi sakses

! i tin we de apin to mi dɔn rili bɛtɛ

" i dip tɛnki ɛn mi op se una go kɔntinyu fɔ pre

^ ^ ^

* e a bin gɛt yu las mɛse@

A bin stil de waka waka na di dak fɔrɛst usay a bin de dawt

-n i nɔ bin ebul fɔ si di rod fɔ kɔmɔt na da fɔrɛst de

Bɔt tɛnki to >ɔd, ɛn yu spɛshal prea dɛn

! i rod bin klia ɛn mi fet pan >ɔd bin strɔng

" i sityueshɔn bin bɛtɛ pan ɔltin

-n duya una mɛmba mi ɔltɛm insay una prea dɛn we una de ansa

^ ^ ^

! i tin dɛn we yu de tiCh dɔn ɛp mi bad bad wan

-n a bin gɛt bɔku bɛnift frɔm am

-n dɛn bin pru: am to mi wit pruf we rili klia

! i e[ekti: we yu spiritual a a rmations ɛn gud tinkin

A kin rili gladi fɔ tɛl tɛnki

Na bikɔs a gɛt wɛlbɔdi, gladi at, ɛn pis we a de fl

A kin fl se a de go bifo ɛ:ride we a de tink gud wan

^ ^ ^

,f nɔto fɔ yu wɔndaful tiChin dɛn we de mek yu gɛt maynd

" i layf na dis wɔl lɛ:ul fɔ dɔn rili smɔl

A wan tɛl una tɛnki fɔ di spɛshal atɛnshɔn we una gi mi

* e i dɔn gi mi fɔ di las tri ia

^ ^ ^

* i tɛl una tɛnki fɔ di magaEin we dɛn kɔl +piritual 0ulture

,nsay we a kin fɛn blɛsin ɛn it fɔ di sol ɛ:ride

A tɛl >ɔd tɛnki we introduks mi to yu ɛn yu tiChin dɛn

^ ^ ^

A wan tɛl una tɛnki fɔ di lɛta dɛn we una kin rayt ɛ:ri mɔnt

A bin fɛn di las mɛse@ fɔ ful/ɔp wit inspɛkshɔn

+o dat a go rid am to mi studɛnt dɛn na buk klas

! ɛn bin ansa fayn to wetin de insay

Na bin gladi gladi tɛm fɔ wi ɔl

! i aidia dɛn we yu put insay di lɛta bin rili tɔCh mi at

+ote a bin want fɔ sheb am wit mi studɛnt dɛn

! is mɛse@ bin mek pipul dɛn tink dip wan

-n introspekshɔn insay di sikrit dɛn fɔ di sol

A fl se i go ɛp mi fɔ sɔl: prɔblɛm dɛn

-n fɔ dil wit sɛns ɛn fayn wit di tin dɛn we kin apin na layf

^ ^ ^

! i tin dɛn we yu de tiCh rili :alyu

A nɔ want fɔ mis wan pan yu lɛsin dɛn

Frɔm di lekChɔ dɛn we di tiCha Paramahansa bin gi
* e di sol in gladi at de go ɔp
Ayd insay di dip dip tin dɛn we pɔsin kin si
* an tik layt we gɛt tin dɛn we pɔsin kin fl we i de fl fɔ shɔt tɛm
! i golden glow fɔ di sol de fade
-n di tin dɛn we di transparent sol ebul fɔ du, ayd
Bihayn di density fɔ di matirial
* e pɔsin in maynd atrak
Fɔ @ɛlɔs ɛn @ɛlɔs
-n klawd dɛn we de fred ɛn wɔri de kɔba am
, kin bi misɛf ɛn sɔri/at
-n i nɔ bin gɛt pawa
Bɔt we i de dayrɛkt di sem atɛnshɔn
owards lo:, pis, en harmoni
, kin fl se i rili gladi
! i sol kin fl gladi
* e yu tɔn yu bak pan di tin dɛn we yu bɔdi want
" iks wit sɔfa ɛn sɔfa
Fɔ di bɛnift dɛn we pɔsin we gɛt transparent sol gɛt
, ful/ɔp wit fayn fayn tin dɛn we dɛn kin ɛn@ɔy
,f di sol dɔn insay di wata ɔlsay

* it di rough pleis dem fo dis wold

, nɔ kin lɛk fɔ du risaCh

Bɔt di tin dɛn we pɔsin kin ɛn@ɔy pas ɔl

-n nɔ ebul fɔ test di gladi at we di sol gɛt

Bɔku pipul dɛn kin agyu

dat fɔ lɛf fɔ ɛn@ɔy yusɛf

, dɔn lɛf smɔl fɔ lɛ i nɔ pɔsibul na dis wɔl

we yu de li: wit pipul dɛn

!ɛn aidia dɛn de arawnd tin dɛn nɔmɔ we gɛt fɔ du wit mɔtalman

Bɔt dɛn nɔ nid am fɔ di ɔdinari pɔsin

Fɔ lɛf di wɔl ɛn go na di mawnten ɛn fɔrɛst dɛn

Fɔ mek dɛn go gɛt pis ɛn kol at

Bifo dat, i fɔ de na dis wɔl

, nɔ alaw in pawaful kɔrɛnt fɔ swip am go

+o dat di trɔbul wef dɛn na di wɔl nɔ go pas am

, nɔ fɔ de tink bad bɔt di tin dɛn we de arawnd am

Na di sem tɛm

, nɔ fɔ alaw di tin dɛn we i lɛk fɔ du fɔ mek i blayn

+o dat i nɔ go lɔs di we aw i de bie: wit >ɔd biEnɛs

, nɔ kin ebul fɔ test di gladi at we pɔsin kin gɛt we i gladi

-n fɔ witnɛs di layt dɛn we kɔmɔt frɔm >ɔd

3 *7 & ;

3 ' *7 < 3 , -

'

$ * < 3

. * + 7 +3 7

3 !

* " *7 (+3 ,3 *7

7 7

- *

& 3 " , " 7 " , " " 3

*

iChin dɛn we " asta Paramhansa Yogananda bin tiCh

$ayf insay in men tin, di tin dɛn we de insay am, ɛn di tin dɛn we i want fɔ du

Na pɔEl we at fɔ ɔndastand, bɔt nɔto tin we nɔ pɔsibul fɔ sɔl:

* it wi progresi: tinkin, wi de sol: som of im mysteries e:ride

! i : ays dɛn we dɛn mek bay prɛsis sayɛns prinsipul dɛn insay dis tɛm

, rili de mek pipul dɛn kɔle am

! i tin dɛn we sayɛns de kam wit de mek wi si mɔ klia wan

Bɔt aw fɔ mek pipul dɛn li : bɛtɛ layf

Bɔt pan ɔl di ikwipmɛnt dɛn, in : inshɔn dɛn, ɛn strate@i dɛn we wi gɛt

, tan lɛk se wi stil tan lɛk pɔpet dɛn we de na di an fɔ fate

- n se di rod we de bifo wi stil lɔng

Bifo wi fri frɔm di kɔntrol we di tin dɛn we >ɔd mek de kɔntrol

Fɔ tru, fɔ li : wit di sɔri/at fɔ di tin dɛn we >ɔd mek nɔto fridɔm

* i maynd we gɛt Eil kin ful/ɔp ɛn dɛn kin tay am bikɔs wi kin fl se wi nɔ ebul fɔ du natin

* e wi kin fl lɛk se wata we rɔf, ebi ebi ren, ɔ atkwek dɔn ambɔg wi

we tin dɛn we de apin de snɛp wi V fɔ no lɔ@ik riEin

! i wan dɛn we wi lɛk we de nia wi at

! ɔn wi kin no se wi nɔ dɔn win bɔku win dɛn

* i nɔ bin ebul fɔ win di bad tin dɛn we bin de apin to wi

Pan ɔl we wi de tray tranga wan fɔ mek layf bi di we aw wi want am

+ɔm kɔndishɔn dɛn go de ɔltɛm na dis wɔl ste@

- n tin dɛn we kin apin we pawaful maynd de gayd we wi nɔ no bɛtɛ bɔt

, de wok atɔl indipɛndɛnt frɔm wi opinion ɛn wil

! i bɛst tin we wi go du na fɔ wok ɛn mek sɔm impɔtant tin dɛn

* i kin plant wit ɛn mek Aawa

Bɔt udat mek di fɔs sidG

* i kin it bred ɔ rays we dɛn mek wit Aawa
Bɔt udat mek wi bɔdi ebul fɔ digestG
-n aw fɔ Chen@ it to tin fɔ itG
Na ɛni kɔna na layf
, tan lɛk se wan >ɔd in an de we nɔ impɔtant
* i nɔ go ebul fɔ mane@ wi biEnɛs if i nɔ gɛt am
* it ɔl di shɔt tin dɛn we wi gɛt
* i nɔ no ustɛm di at go stɔp fɔ wok
Na dat mek i nid fɔ abop pan pɔsin wit maynd
Na di pawa we pas ɔl we >ɔd gɛt
-n fɔ abop pan wi ay sɛf
, de kɔmɔt frɔm da ɔl pawa de
* e dɛn de mɔdel wi fɔ fala
* i fɔ gɛt fet we nɔ gɛt prawd
-n fɔ waka wit kɔnfdɛns na di rod dɛn na layf
, nɔ go fred ɔ shek shek
* itout tayt ɛn kɔnfyushɔn
Fɔ dil wit alɛ@i

Fɔ win di we aw pɔsin de fl na tin we nɔ iEi fɔ du, ɛn fɔ kɔntrol di we aw pɔsin de du tin kwik kwik wan impɔtant fɔ mek i gɛt balans ɛn fayn fayn pɔsin

+ɛnsiti:iti kɔmɔt frɔm misɔndastandin, inferiority kɔmpleks, inAated prayE, ɛn ɛgEa@arayt ego

* e pɔsin tink se dɛn dɔn fl bad, da tink de kin tek rut na in maynd, we kin mek dɛn ner:, we kin bi tɛns ɛn tɔn agens Bɛks kin bɔn na in at bikɔs ɔf di flin we dɛn wund Bɔt sɔm pipul dɛn kin ebul fɔ kɔntrol dɛn flin, so dɛn sayn dɛn we de na do nɔ kin apia pan ɔl we dɛn kin :ɛks bad bad wan insay dɛn #da pipul dɛn kin sho dɛn :ɛks tru di riakshɔn dɛn we kin apin wantɛm wantɛm, we kin sho na dɛn yay di mSsul dRm Rn di fSs RksprRshSn dRm, Rn tru shap, kSd :Rbul rRsp Sns dRm

,f pɔsin fl bad pasmak, i kin gɛt siriɔs prɔblɛm dɛnN i kin mek di tin kɔmplikt ɛn mek wan tin we nɔ fayn we kin afɛkt ɔda pipul dɛn bad bad wan

!ɛn fɔ tray fɔ kɔntrol dɛnsɛf ɛn fɔ mek dɛn nɔ gɛt wanwɔd, fɔ mek pipul dɛn ɔndastand dɛnsɛf ɛn gɛt wanwɔd we go mek pis de instead fɔ mek dɛn gɛt tɛnsiɔn ɛn fɔ pul di smok we de mek pipul dɛn strɛs !i wan dɛn we de du dat go bi masta fɔ dɛn yon destiny ɛn di wan dɛn we de arawnd dɛn go gɛt blɛsin fɔ tɛl tɛnki ɛn rɛspɛkt dɛn

Fɔ fl bad pasmak na wan kwaliti we bɔku pipul dɛn gɛt, ɛn we dis flin we nɔ gɛt sɛns kin bɔn, i kin mek pɔsin nɔ ebul fɔ ɔndastand ɛn mek di yay dɛn we gɛt sɛns klawd ,:in di wɔs tin na dat, di pɔsin we fl bad pasmak bili: se dɛn de tink, fl, ɛn du tin pafɛkt wan, pan ɔl we infakt dɛn bihay:ya kin rili rɔngF

Bɔku pipul dɛn bili: se dɛn fɔ sɔri fɔ dɛnsɛf we dɛn de kɔndɛm dɛn, ɛn dat fɔ sɔri fɔ dɛnsɛf kin mek dɛn gɛt sɔm fridɔm Bɔt lɛk pipul dɛn we de tek drɔgs, di mɔ we dɛn de tek drɔgs, na di mɔ dɛn adikshɔn de strɔng

Bɔku tɛm, pɔsin we gɛt sɛns kin sɔfa we nɔ nid am Bɔku tɛm, nɔbɔdi nɔ kin no wetin mek dɛn de sɔfa ɔ di kayn we aw dɛn de kray, we kin mek dɛn fl bad mɔ ɛn mɔ we dɛn kin put dɛnsɛf ayd Nɔtin nɔ go ebul fɔ du bay we dɛn de tɔk kwayɛt wan bɔt wetin dɛn tink se na fɔ pro:ok ɔ fɔ kɔndɛm am

, bRst fS pul di kSE dRm fS dis kayn haypa sRnsiti:iti tru Sb@Rkti: analisis Rn bay we yu aktibSt sRlf kSntrSl

!is kayn alɛ@i we nɔ fayn kin gɛt siriɔs prɔblɛm dɛnN i de it di at lɛk faya ɛn pwɛl di tisu dɛn we de mek pis +o, dɛn fɔ dil wit am wit sɛns, we gɛt lɔ@ik, ɛn wit strɔng wil

Fridɔm frɔm wikɛd tin

! i bɛst we fɔ pul wikɛd tin dɛn

, nɔ min fɔ tink bɔt am

,f nɔto dat, di aidia bɔt wikɛdnɛs go swip tru kɔnshɛns ɛn dominate di fakulti dɛm fɔ di sol

* e wi de briJ di layt insay wi

! i daknɛs go dɔn lɛk se i nɔ ɛ:a de

! at aidia de briJ fayn fayn inspɛkshɔn dɛn to mi

* e dɛn de kam wit layt

o wan ke: we daknɛs bin de fɔ bɔku bɔku tawEin ia

! i daknɛs go dɔn wantɛm wantɛm

+emweso, wikɛd tin dɛn kin dɔn, ɛn wit dɛn, mistek dɛn kin dɔn

* e wi alaw >ɔd in layt fɔ kam insay wi kɔnshɛns

! i daknɛs we nɔ no natin nɔ go ebul fɔ de

! at na di flɔsof we wi fɔ li: bay

Fɔ de tek tɛm du tin nɔ gɛt wan yus

! i wil fɔ layf nɔ de ɛ:a stɔp

-n di de dɛn na layf kin pas kwik kwik wan

-:ri minit wi kin spɛn fɔ tink klia wan ɛn du tin wit sɛns

Na wan saksesful ɛn prɔft in:ɛstmɛnt na di fld fɔ wi gladi at

Bɔku pan dɛn kin spɛn dɛn wan ol layf

Fɔ tink bɔt mɔni, mami ɛn dadi biEnɛs, ɛn fɔ gɛt nem

! ɛn nɔ kin pe atɛnshɔn mɔ pan di impɔtant tin dɛn

* e de mek dɛn gɛt kolat na dɛn maynd

-n mek dɛn no mɔ to ay le:ul

, nɔ mata aw pɔsin ɔmbul di wok we i de du

! ɛn kin tek am as pɔsin we de du wɛl na >ɔd in yay

,f i bin no aw fɔ spɛn in tɛm wit sɛns

, de dayrɛkt in tinkin to di rayt say dɛn

* e >ɔd in layt de shayn pan mɔtalman

, nɔ de fl se i nid ɛnitin

Na bikɔs ɔf di gladi at we kin mek i gladi pasmak

, de a@ɔst ɔl di tin dɛn we i bin dɔn drim

-n i de mek i fl dip dip wan

Na in @ɛntri pas ɔlman ɛn di wan we gladi pas ɔlman

,nsay dis layf

ɛnal fɔ $ayt

! i wan we de wek spiritual kɔnshɛns

* it aydia dɛn we gɛt sɛns

! i wok dɛn we dɛn kin du fɔ ɛp pipul dɛn

>ud flin

! ip tin fɔ tink gud wan

, kin no se i de kɔmɔt na di bɔdi

aym fɔ di las tɛm fɔ kɔmɔt

ru di spiritual yay

! i yoga de praktis di tɛm we i de na dis wɔl

+piritual Ay ɛnal Bishɔn

Na di layn we de sheb di tin dɛn

Bitwin matirial ɛn spirit

, kin kɔmɔt na di * ɔl di tɛm

Fɔ go insay dis tanɛl we gɛt layt

-n di Chen@ frɔm dis wɔl

o >ɔd in ples we nɔ gɛt ɛnd

%say di layt de

-n gladi at

Pis

fridɔm we ɔlman gɛt

! i lamp fɔ di bɔdi na di Hspiritual l yay

,f yu yay na singl

! ɔn yu wan ol bɔdi go ful/ɔp wit layt

_ -n di layt de shayn na daknɛs, ɛn di daknɛs nɔ bin no am ‘

fɔ lɛk ɔda pipul dɛn

Fɔ lɛk ɔda pipul dɛn na fɔ f l di sɔri we ɔda pipul dɛn de f l

-n fɔ kam nia dɛn ɛn tɔk to dɛn

* i kin tray tranga wan fɔ kɔre@ dɛn we dɛn lɔs

-n fɔ mek wi gladi we dɛn gladi

* i de wok di bɛst we aw wi ebul

Fɔ drɛb di spekt fɔ fred, nid, ɛn wɔri frɔm dɛn

! i wan dɛn we de wok fɔ mek ɔda pipul dɛn gladi

" ek >ɔd gi am wan insay sɛns fɔ saikɔlɔ@ik kɔmfɔt

-n if i lɔs sɔntin we i de rɔnata di wan dɛn we i de tray fɔ ɛp

, nɔ de tek am se na lɔs bikɔs i de gɛt sɔntin fɔ pe am bak

>ɔd in gladi/at ɛn kolat na in maynd

, de li: fɔ lɛk, fɔ wok, ɛn fɔ gi

, de plant di sid fɔ gud ɛn pis na di f l dɛm fɔ mɔtalman

! i tin dɛn we i de tink ɛn f l pas in yon wɔl

,n awareness de eOpand ɛn in sɔri/at de go ɔp

, f l se di wɔl na in os ɛn mɔtalman na in famili

, ɔndastand se na di riEin we mek i de na dis wɔl

, fɔ rifɔm insɛf bifo i tray fɔ rifɔm ɔda pipul dɛn

Na bikɔs di wan dɛn we de mek dɛnsɛf bɛtɛ kin ɛp ɔda pipul dɛn

Fɔ rifɔm dɛnsɛf tru di ɛgEampul fɔ in layf

Akshɔn dɛn kin gɛt dip impak ɛn i kin gɛt mɔ dip ɛfɛkt

,nsay ɔda pipul dɛn maynd, frɔm di wɔd dɛn

%dat gɛt di spirit fɔ bisin bɔt ɔda pipul dɛnG

, nɔ de wok akɔdin to di limited kɔlkyulɛshɔn ɛn ɛkspɛkteshɔn

Bifo dat, i de yuE di sɛns we i gɛt ɛn di we aw i de tink gud wan

, de kɔntinyu fɔ ɛp insɛf ɛn ɔda pipul dɛn

Fɔ tɛl >ɔd tɛnki fɔ di sakrifays we i dɔn gɛt

-n if i nɔ wok wan tɛm ɔ bɔku tɛm

, nɔ kin f l se in at pwɛl, bifo dat, i kin mekɔp in maynd mɔ ɛn mɔ

, de tray bak tu tɛm ɛn tray bak
Fɔ fɛn nyu aidia ɛn Chanɛl dɛn
Na di layt fɔ riEin de gayd am
* it >ɔd in ɛp
e i riCh di tin we i want fɔ du
, kin ebul fɔ du wetin i want fɔ du
(
Frɔm di tiChin dɛn we di sɛ@ Paramhansa Yogananda bin tiCh
Fɔ pripia ɛn
ink na pawa, lɛk ilɛktrishɔn
saykolo@ik kɔndishɔn dɛn
, de go bak to di we aw pipul dɛn bin de tink ɛn di we aw dɛn bin de tink
,lɛktrishɔn kin bɛnift ɛn i kin ambɔg
+o udat sabi aw fɔ sɔl: amG
, de put am na in sa:is
,f nɔto dat, i go mek i gɛt ilɛktrik
-n na so bak dɛn bin de tink
,f dɛn de dayrɛkt am na di rayt rod dɛn
, de briJ gladi at to di pɔsin we gɛt am
,f nɔto dat, i go briJ prɔblɛm to am
ink tan lɛk wayl ɔs
Bɔt, fɔ tam am nɔto tin we nɔ pɔsibul
Fɔ tink gud wan na wan we fɔ kɔntrol di we aw yu de tink
Fɔ tink gud wan na tayt padi
-n sik maynd na ɛnimi ɔltɛm
* e yu tink gud wan, dat kin mek yu gɛt pis ɛn sef
-n sik maynd kin sɛn aro dɛn we kin kil pɔsin
, de ribaund pan in ɔna tu tɛm
Na dat mek dɛn kin se, di blɛsin na di sem kayn tin we pɔsin du
As lɔng as pɔsin de sɛn gud intenshɔn
,n aidia dɛn go tɔn to tɔCh

, layt di Chɛmba dɛn na di sol

-n drɛb di bɔku bɔku daknɛs

!ɔn i kin fl bad bad wan

,n yay dɛn bin de shayn wit smayl we de sho se i satisfayF

$aif tan lɛk mil we de grind

est pils ɛn frutful ɛkspiriɛns dɛn

Fɔ mek bred wit am

, tan lɛk rod we de rɔn rawnd

Na in sayd dɛn gɛt Aawa dɛn we gɛt bɔku bɔku tik dɛn

bɔtaAay dɛn we de brayt brayt brayt wan

-n tik dɛn we gɛt fayn fayn frut dɛn na dɛn branCh dɛn

Bɔt, wi nɔ kin stɔp

$ɛ wi ɛn@ɔy di we aw yu de si am ɛn ɛn@ɔy di swit we i gɛt

,nfakt, bɔku tɛm wi kin de pan pin ɛn nidul

Fɔ go na say dɛn we big

* i tink se i gɛt mɔ fayn fayn tin dɛn fɔ si pas wetin wi dɔn si

Bɔt as wi de muf go fa smɔl smɔl

Bɔt rod dɛn we gɛt Aawa ɛn we de frut

* i kin fɛn tik dɛn we daknɛs de insay

, nɔ @ɔs pas fɔ @ɔs fresh

!ɔn di Aawa dɛn nɔ de igen

-n wit am, bɔtaAay ɛn bak frut dɛn

!ɔn wi kin si wisɛf na di dɛEat we nɔ gɛt natin

"ɔtalman layf tan lɛk di wata we de na di si

* e kin klin ɛn bi swit

Na we yu go ɔp na di ɔp atmosfɛs nɔmɔ

, tan lɛk se na mɔnin drim

, kin brayt mɔ ɛn mɔ wit di e@

!i riEin na dat, tin kin apin klia wan ɛn difrɛn

, tan lɛk we pɔsin de tra:ul bikɔs di say we dɛn de si kin Chen@ as dɛn de kɔba distans dɛn

!ɔn di sem tin kin Chen@ as wi de kam nia am, ɛn so de go

$aif nɔ de disapɔynt di wan dɛn we gɛt sɛns

Na bikɔs dɛn sabi aw fɔ du am ɛn dɛn kin ɛn@ɔy am

* itout alaw am fɔ tek kɔntrol pan dɛn ɛn pul dɛn fridɔm

Fɔ ɛgEampul, dɛn kin ɛn@ɔy fɔ wata

!ɛn de drink am ɛn was insay de, bɔt dɛn nɔ de alaw dɛnsɛf fɔ drawn insay de

!ɛn kin ɛn@ɔy di klos dɛn we dɛn lɛk

* itout eOCessi:e adherenCe to formalities ɛn fɔmaliti dɛm we dɛn kin tek as sɔfays

!ɛn kin ɛn@ɔy fɔ it ɛn nɔ alaw fɔ it fɔ it dɛn

Na bikɔs if pɔsin it pasmak, dat kin mek i nɔ gɛt bɛtɛ trɛnk igen

-n i de it di we aw pipul dɛn de si tin

-n i go pwɛl am kpatakpata

-n so, pɔsin fɔ ɛn@ɔy layf

Bɔt we yu nɔ taya di sɛns dɛn tru di wata we dɛn put insay di wata

fɔ gɛt gud padi biEnɛs wit ɔda pipul dɛn

!i agrimɛnt we dɛn mek nɔ min ɔltin

fɔ sakrifays di tin dɛn we dɛn want fɔ du fɔ dɛn yon bɛnift

Na bikɔs dis we fɔ kɔmprɔmis nɔ fayn

, nɔ gri wit di trut

!i wan dɛn we bin de rifɔm ɛn di bigman dɛn nɔ bin gri

* it bɔku pipul dɛn we de rawnd dɛn

Bɔt, dɛn bin kip di tin we dɛn bin want fɔ du

Na bikɔs dɛn bin no se wetin dɛn bin de du

!at bin rili rayt

!i prinsipul nɔ fɔ kɔmprɔmis

-n nɔ fɔ du tin dɛn we nɔ iEi fɔ du fɔ riCh wan patikyula gol

Na bikɔs dat nɔ f t fɔ pipul dɛn we gɛt prinsipul

%dat go ebul fɔ li: di we we go mek >ɔd gladiG

Nɔ du ɔda pipul dɛn bad, bikɔs dɛn nɔ gɛt natin fɔ fred

Fɔs ɛn di men tin, pɔsin fɔ gri wit >ɔd

!ɔn wit kɔnshɛns, ɛn afta dat wit pipul dɛn

Bɔt if dis we aw dɛn de du tin nɔ de mek ɔda pipul dɛn satisfay

, go du fɔ mek pɔsin gɛt pis insay insɛf

, kin fl pis insay in at we kin mek i nɔ gɛt ɛnitin fɔ du wit pipul dɛn we nɔ gri wit am

spiritual magnetiEm we gɛt fɔ du wit >ɔd biEnɛs

!i trɛnk we di sol gɛt ɛn di we aw i want fɔ tɔn to >ɔd, dɛn kɔl am spiritual magnetism, ɛn wit dis magnetism di sol de atrak to insɛf blɛsin, sublaym :aybreshɔn, ɛn ɔl di gud mɔtalman ɛkspiriɛns dɛn we de mɛmba am bɔt gudnɛs ɛn rayt

+piritual magnetism na di pawa we pɔsin kin yuE fɔ mek i atrak ɛn briJ gud padi dɛn, tin dɛn we nid ɛn impɔtant, ɛn fɔ no tin dɛn we pɔsin kin ɔndastand

!is pawa kɔmɔt frɔm >ɔd in pawa we gɛt magnɛtik ɛn we de mek pɔsin want fɔ no mɔ

)andul fɔ Pis

ek wan pɔt we gɛt maynd

Ful am wit yu pis

ek di bɔtul fɔ mi flin dɛn

Ful am wit Yu sɔri/at

ek mi ɛmti sol baskɛt

Ful am wit di frut dɛn we yu gɛt fɔ du wit yu sɛns

Put di wata we yu lɛk insay mi sol

A go tɔn am na di kɔp dɛn fɔ di sol we tɔsti

ear down di wol dem fo ego

,mmerse mi in yu total preEɛns

!i ray fɔ dawn fɔ lɔ:
"ek i luk aut frɔm di opin dɛn na mi at
, de mɛmba mi di san layt we yu lɛk
+pread kross di skay na mi layf
!i layt we de shayn we yu lɛk dɔn shayn
Pan misɛf, ɛn i bin gɛt layt
Yu layt bin ful/ɔp mi spiritual ples
Yu na di layf we de sɔpɔt mi bɔdi
-n di maynd we de mek a tink
-n di sɛns we de pul mi ignoranCe
A de layt di slɛnd kandul fɔ mi lɔ:
Fɔ rid di gold buk
!ɛn dɔn kip am insay mi frɔm trade trade
Yu lɔ: bin de ɛn stil de
!i kandul we wi nɔ de si we de mek pis
*e de pul di daknɛs ɛn sho mi yu mɛse@ dɛn
!i blɔk de na di pe@ dɛn fɔ at
(0W 3 ,

ransleshɔn1 "ahmuud Abas "asoud

*e yu tɛst yu spiritual bili:, wan ɔl nyu wɔl opin Fɔ tray yusɛf impɔtant fɔ no >ɔd Yu kin fl dip rili@ɔn, ɛn yu maynd kin satisfay wit dat Bɔt pas yu yon pɔsin bili: se dɛn de ansa yu prea dɛn dairekt wan, no ɔmɔs rili@ɔn fɔmaliti nɔ go ebul fɔ se: yu Pan ɔl we fɔ gɛt >ɔd in ansa kin at, i pɔsibul Fɔ mek shɔ se yu rili riCh na ɛ:in, yu fɔ tɛst di pawa of your prayers so that you Can aCti:ate them As a bin bɔbɔ, a bin disayd se mi prea dɛn go ansa ɛnitɛm we a tɔn to >ɔd fɔ beg !at disayd we nɔ de shek na di we !ɔn ɛ:ri prɔblɛm go kam fɔ wikɛd yu disayd ɛn paralayE yu wil, bɔt >ɔd in pawa fɔ ansa nɔ gɛt limit Fɔ tray tranga wan ɛn fɔ kɔntinyu fɔ yuE di pawa we yu want go mek >ɔd ansa

, impɔtant fɔ lan di kɔrɛkt we fɔ pe atɛnshɔn pan di maynd , impɔtant bak fɔ gɛt inof tɛm fɔ de yu wan ɛn fɔ tink bɔt yusɛf wit ɔda pipul dɛn ɔltɛm, dat kin mek yu nɔ ebul fɔ gro pan >ɔd biEnɛs Bɔku pipul dɛn tan lɛk spɔn@ℕ dɛn kin tek ɔltin frɔm yu, ɛn yu nɔ kin gɛt ɛnitin fɔ pe bak Na tru se i fayn fɔ de wit ɔda pipul dɛn we gɛt tru ɛn strɔng pan >ɔd biEnɛs ,f ɛnibɔdi no di trɛnk, sinsi, ɛn di wil we di ɔda pɔsin gɛt, dɛn kin sheb fayn fayn kwaliti dɛn we gɛt fɔ du wit >ɔd biEnɛs wit dɛn

Nɔ fɔ west tɛm pan tin dɛn we nɔ impɔtant Bɔku pipul dɛn kin ɔkup dɛnsɛf wit tin dɛn we nɔ de mek dɛn du sɔntin, ɛn if yu aks wan pan dɛn wetin dɛn bin de du, dɛn go ansa se, 7A bin biEi ɔltɛmF7 Bɔt dɛn kin @ɔs mɛmba ɛnitin bɔt da 7wok7 deF ! ɔn bak, fɔ ɛn@ɔy yusɛf pasmak ɛn fɔ ɛn@ɔy yusɛf kin mek yu maynd wik ,f yu waCh f m ɛ:ride, dɛn go lɔs dɛn apil ɛn yu go bost Fim dɛn na di sem, wit difrɛn rol dɛn1 pipul dɛn we lɛk, ad:ante@, hiro, wikɛd pipul, ɛn ɔda tin dɛn * i kin ɛn@ɔy fɔ waCh f m plot, bɔt layf nɔ kin tan lɛk dat Na di ɔda say, if layf bin tu rial, udat go want fɔ si mɔ pan layf in i:in dɛn lɛk aw dɛn de we dɛn kin go fɔ rilaksG

$aif na fɔ ful pipul dɛn we nɔbɔdi nɔ go bili:, ɛn wi fɔ aproCh am as so ,f wi nɔ win in ful ɛn ilyushɔn fɔs, wi nɔ go ebul fɔ ɛp ɛni ɔda pɔsin ,nsay di solitude of a foCused mind lay di faCtory of all great aChie:ements " ɛmba dis ,nsay dis wɔndaful faktri, kɔntinyu fɔ we: di patɛns fɔ yu wil fɔ ɔ:akom ɛ:ri ɔpɔsin ɔbstakl renin ɛn rifn yu wil ɔltɛm Yu gɛt bɔku bɔku tin dɛn Chans fɔ wok na dis faktri de ɛn nɛt, as lɔng as yu nɔ west yu tɛm ɛn trɛnk

Na nɛt, a kin pul mi at pan di tin dɛn we di wɔl want fɔ de mi wan wit misɛf, fa frɔm di wɔl, na mi

spiritual solitude wit mi wil !e, a de gayd mi tinkin dɛn na di dairekshɔn we a want ɛn mek disiEhɔn dɛn insay misɛf !ɔn, a de ɛnkɔre@ mi wil fɔ du gud ɛn bɛnift akti:iti dɛn we de briJ mi sakrifays !is we ya, a dɔn yuE mi wil fayn fayn wan bɔku tɛm Bɔt dis na @ɔs bay we a de yuE di wil ɔltɛm

Na fayn fayn flin i go bi fɔ ebul fɔ se ɛn afɛm se, 7" i wil, we ful/ɔp wit di yuni:asal wil, go a@ɔst wetin a wantF7 ,f yu bi kɔmplayn ɛn trɔs ɔltin to di di:ayn wil we yu nɔ yuE yu yon wil, we >ɔd gi yu, yu nɔ go gɛt di autkam we yu want !i:ayn pawa want fɔ ɛp yu fɔ insɛf Nɔ nid fɔ beg ɔ begN bifo dat, yu fɔ yuE yu wil fɔ aks ɛn aksKas rayt fɔ gɛt di prɔpatiKɛn fɔ du wetin yu want Yu fɔ drɛb frɔm yu maynd di tink se >ɔd, wit in pawa ɛn pawa we pas ɔl, de fa ɛn ayd na di fa fa say dɛn na ɛ:in, ɛn se yu wan de midul di wɔri ɛn prɔblɛm dɛn we de na dis wɔl "ɛmba se di di:ayn wil de biɛn yu mɔtalman wil, bɔt da pawaful pawa de, lɛk a si we nɔ gɛt bɔda, nɔ go kam to yu pas yu maynd opin ɛn yu at gri fɔ tek am

73 0 *7 7 , 3 *7 ,

Nɛ:ɔs na wan sik wae wi kin win wit wan patikyula mɛrɛsin wae dɛn kɔl tranYuility !i imbalans na wi maynd wae kin mek wi gɛt ner:ous disɔda kin kam wae pɔrsin de kɔntinyu fɔ arousal ɔr de stimulate pasmak fɔ di sɛns dɛm Fɔ put yusɛf pan wɔri, frayd, :ɛks, fl bad, rigrɛt, @ɛlɔs, sɔri, et, :ɛks, 2 wɔri, ɛn nɔr gɛt tin dɛm wae pɔrsin nid fɔ li: nɔrmal ɛn gladi atK lɛk fɔ it fayn, fɔ ɛksesaiE fayn fayn wan, fɔ gɛt fresh briE, fɔ gɛt layt na di san, fɔ wok fayn fayn wan, ɛn fɔ gɛt di rayt riEin na layfKna ɔl dis kin mek pɔrsin gɛt prɔblɛm wit in ner:ɔs

-nitin we de mek pɔsin fl bad ɔ we de mek pɔsin fl fayn ɔ we de mek pɔsin fl fayn, i kin mek pɔsin gɛt bɔku prɔblɛm ɛn i kin ambɔg di balans we aw layf pawa de Aɔ tru di fay: sɛns ɛn dɛn fakulti ,f yu kɔnɛkt 6? wat layt bɔl to 3,??? :olt pawa sɔs, di bɔl go bɔn #t +emweso, dɛn nɔ bin mek di nɛ:ɔs sistɛm fɔ bia di pawa we de pwɛl di pawa we yu de fl bad bad wan ɔ we yu kɔntinyu fɔ gɛt bad tin dɛn we pɔsin kin tink ɛn fl

Nɛ:ɔs nɔto simpul prɔblɛm , na ɛnimi we rili bad, wit siriɔs kɔmplikeshɔn ɛn di tin dɛn we kin apin we kin go fa Na yu bɔdi, i nɔ kin iEi fɔ mɛn ɛni sik we pɔsin kin fred bad bad wan pan spiritually, di imbalans fɔ di impɔtant ɛna@i na di bɔdi kin mek i nɔ iEi fɔ kɔnsɛntret ɔ dip meditashɔn fɔ mek yu gɛt pis ɛn sɛns

$aki, ner:ɔs kin trit Pɔsin we de sɔfa wit dis kɔndishɔn fɔ rɛdi fɔ analayE in sityueshɔn ɛn pul di pwɛl hat ɛn bad bad tin dɛm wae de it dɛm smɔl smɔl Fɔ analayE yusɛf pan in prɔblɛm dɛm ɛn fɔ kip kɔmpɔE ɔnda ɔl di sikɔstɛms kin mɛn bɔrku kes dɛm fɔ ner:ɔs

* e wi no se di abiliti dɛn we wi nidKilɛksɛf wi fɔ tink, tɔk, fl, ɔ du tinKɔl kɔmɔt frɔm >ɔd, ɛn se , de wit wi ɔltɛm, we de inspɛkt ɛn gayd wi, wi kin gɛt fridɔm wantɛm wantɛm frɔm saykolo@ik strɛs * it dis rialiEashɔn kin kam Aash dɛn fɔ oli gladi, ɛn sɔntɛnde wan dip layt kin Aɔd wi bi, we kin pul di tink dɛn we de mek wi fred wantɛm wantɛm

>ɔd in pawa tan lɛk di si, i de rɔn ɛn i de rɔn, i de swip tru di at insay wan klin we i de klin, i de pul ɔl di lay lay tin dɛn we de ambɔg am we na dawt, fred, ɛn fred

Bɔku tɛm mɔtalman bili: se na @ɔs bɔdi we wi de si, bɔt dis na ilyushɔn we dɛn kin win bay we dɛn kɔnɛkt wit dɛn spiritual pɔsin tru meditashɔn !ɔn, dɛn

go no se di bɔdi nɔto natin pas bɔbul we de Aɔt pan di big big si na di yuni:as

Pɔrsin wae de sɔfa wit wɔri fɔ ɔndastand dɛn kɔndishɔn ɛn analayE de persistent Cogniti:e errors wae de ripɔtabl fɔ dɛn nɔr gɛt wanwɔd ɛn kɔmpitishɔn wit de layf wae de arawnd am * e pɔrsin wae de wɔri gri, i:in @ɔs wan tɛm, se in sik nɔto mistek bɔt na lɔ@ik kɔnsɛkshɔn fɔ in pasɔnal abit dɛm, dɛn dɔn ɔlrɛdi a@ɔst af di mɛrɛsinF

>ladi gladi kin ambɔg di ner:ɔs sistɛm in balans bay we i kin sɛn bɔku ɛna@i to wan pat na di bɔdi ɛn i kin mek di ɔda pat dɛn nɔ gɛt di shea we dɛn kin gɛt

!is imbalans na di distribushɔn fɔ di ɛna@i to di ner: dɛm na di kɔE ɛn riEin fɔ ner:ɔs Pɔsin we gɛt kol at kin a:ɔyd fɔ gladi bikɔs i no se >ɔd de mane@ ɛn dayrɛkt layf ɛn in afɛkt dɛm, ɛn we i no se Hfrayd de kɔt di ner: dɛmI, i de tray fɔ kɔntinyu fɔ rilaks pan in maynd, ɛn so i kin ebul fɔ fes layf in sikɔstɛms ɛn situeshɔn dɛm kwayɛt wan bikɔs in ner:ɔs fɔs na balans

Pan ɔl we i de kip in maynd we shap ɛn we nɔ de ambɔg am, i de fri insɛf frɔm di ilyushɔn dɛn we de na layf ɛn rayE pas di gladi gladi we tin dɛn we kin mek i gladi kin briJ As fɔ di prɔblɛm dɛn we nɔ fayn, i kin tray nɔ fɔ alaw dɛn fɔ ambɔg in pis na in maynd ɔ pul in insay in kol at !is na di gol we wi fɔ tray ɛn tray fɔ riCh

di nR: sistRm de gi di imStant enR@i to di bren, at, Rn Sl di Sda Sgan dRm , de sheb enR@i bak to di fay: sRns dRm1 fS si, yRri, tSCh, tRst, Rn smRl NR: dRm na di mRdiSm we wi de yuE fS kSmSnik wit di wSl we de rawnd wi Rn na di sSsSs fS Sl wi sRns rRspSns dRm +o, i rili implRnt fS mRnten wan stet fS pafRkt bRlR na wi ner: sistRm dRm, fS a:Syd fS wRl wan pat pan di bɔdi wit bɔku bɔku ɛna@i we de mek ɔda eria dɛn nɔ gɛt dis

impɔtant tin fɔ it Balɛns na layf ɛn fɔ riCh di rayt gol dɛn nɔ de apin bay we pɔsin de wɔri ɔ we i de fl bad, bɔt na bay we i gɛt kol at ɛn dip fet pan >ɔd

Yogi pipul dɛn gɛt spɛshal we dɛn we dɛn kin yuE fɔ mek di tisu dɛn we dɔn bɔn gɛt layf bak bay we dɛn de sɛn impɔtant ɛna@i to di nɛ: dɛn we dɔn pwɛl smɔl -:ri sɛl ɛn tisu na di ner:ɔs sistɛm na wan tin we gɛt layf ɛn we gɛt sɛns !is layf fɔs ɔ ɛna@i gɛt di pawa fɔ mek da strɔkChɔ de nyu ɔltɛm, @ɔs lɛk we dɛn de Cha@ batri we dɔn pwɛl

u kayn ner:ɔs de1 saykilɔ@ik ɛn mɛkanikal, ɔr supRr f shal ɛn ɔrganik

+aikɔlɔ@ik iritabiliti na di kayn we we kɔmɔn pas ɔl, we kin kɔmɔt frɔm mental eOCitement ɔ agiteshɔn +ustained immersion in dis stet, inklud fɔ gɛt padi biEnɛs wit pipul dɛm we nɔ de kɔntrol we nɔ de bɛnif t frɔm dɛn padi biEnɛs ɔr nɔ de kɔntribyut ɛnitin we fayn, ɛn abit dɛm we nɔ fayn bɔt it ɛn layf stayl, ɔl de ripresent kes dɛm we nɔ go ebul fɔ sɔl: we de mek pɔsin :ɛks

Fɔ it fɔ simpul, balans, ɛn nɔ fɔ it pasmak -ksesaiE fɔ de ɔltɛm umɔs slip de numb di ner:es, we tu smɔl slip de ambɔg Bɔt di impɔtant tin we yu fɔ tink bɔt na fɔ pik padi wit sɛns ɛn wit sɛns ɛl mi bɔt pɔsin in padi dɛn, ɛn a go tɛl yu bɔt da pɔsin de Flatterers and syCophants are of no help * i shud seek out a Community of self/impro:ementKpeople who tell us di trut ɛn ɛp wi fɔ gro !i bɛst kɔmpin na di wan dɛn we ɔmbul fɔ tɔk bɔt aw wi go yuE ɛn tin dɛn we wi fɔ du fɔ Chen@ wi layf fɔ bɛtɛ

Fɔ kɔrɛkt pɔsin bad bad wan, we dɛn kin tɔk wit bad at ɛn we nɔ gɛt sɔri/at, tan lɛk fɔ nak pɔsin oba in ed wit hama, pan ɔl we lɔ: pawaful ɛn bɛnif t fa fawe)ain ad:ays dɛn we dɛn kin gi wit lɔ: ɛn ɔndastandin gɛt pawa fɔ du wɔndaful tin dɛn, bɔt fɔ kɔrɛkt pɔsin

we de mek pɔsin fl bad nɔ kin ebul fɔ du ɛnitin we gɛt :alyu

Pɔsin kin kwalifay fɔ @ɔ@ ɔda pipul dɛn nɔmɔ we i dɔn klin in nature ɛn pul di daknɛs we i nɔ no natin wit di layt fɔ no e i riCh da ste@ de, i bɛtɛ fɔ mek i analayE dɛnsɛf ɛn kɔrɛkt wetin dɛn de si pas fɔ kɔrɛkt ɛn pro:ok ɔda pipul dɛn

Fɔ kip kɔmpin wit pipul dɛn we gɛt sɛns ɛn we gɛt kol at na wan pan di we dɛn we kin mek wi nɔ fred kwik ɛn we go wok fayn ɛn fɔ no udat wi bi na >ɔd biEnɛs

Pipul wae de frayd nɔr fɔ miks tumɔs wit ɔda pipul dɛm wae de ner:ɔs lɛk dɛnsɛf

Pis we de insay pɔsin fɔ gɛt fɔ mek i nɔ fred Pɔsin we nɔ gɛt wanwɔd kin mek i kɔntinyu fɔ gɛt kol at ɛn i kin kɔntinyu fɔ fl fri ɔnda ɔl di tin dɛn we kin apin !ɛn nɔ kin alaw di flin fɔ kɔntrol dɛn ɛn mek dɛn disayd fɔ du bad tin !ɛn nɔ kin ful dɛn wit di smol, ɔni wɔd dɛn we di wan dɛn we de tek Chans kin yuE fɔ gɛt bɛnift dɛn we dɛn nɔ ft fɔ gɛt Bikɔs ɔf dɛn natura l kol at, dɛn nɔ kin rili fɔdɔm to misinfɔmeshɔn ɛn lay lay tin Fɔ tru, dɛn at de sho di tru we aw di wan dɛn we dɛn de dil wit ɛn i de sho wetin dɛn want wit wɔndaful akkuraCy !ɛn nɔ de pɔyEin dɛn bɔdi wit :ɛks ɛn fred, we de afɛkt dɛn blɔd sakulayshɔn bad bad wan Na tru tin we dɛn dɔn no gud gud wan se di milk we mama we :ɛks kin gɛt kin gɛt bad bad tin fɔ du to in pikin -n bɔku pruf de fɔ se di kayn we aw pɔsin de fl bad bad wan gɛt di pawa fɔ pwɛl ɛn pwɛl di bɔdi

Balans fayn ɛn i fɔ bi di fawndeshɔn fɔ wi flin, tink, ɛn akshɔn, ɛn di aks we wi layf de rɔn rawnd

>ret sol dɛn kin kip dɛn kɔmpin ɛn pis, we kin ɛp dɛn fɔ go tru di prɔblɛm dɛn ɛn trɔbul dɛn na layf we dɛn nɔ kin lɔs dɛn sɛns ɔ balans

>ɔd de ɔlsay, i de mane@ di wɔl dɛn ɛn gayd di galɛksi dɛn na ɔbit dɛn we nɔ gɛt ɛnd -n mɔtalman, we dɛn mek lɛk aw i tan, gɛt di pawa bak fɔ mane@ in layf ɛn kɔdinɛt in akti:iti dɛn we nɔ de wɔri ɔ distɔblɛshɔn

* i fɔ sɛn ɔda pipul dɛn aidia ɔltɛm bɔt lɔ:, gud/ wil, ɛn pis

,nsay di strɔkChɔ fɔ meditashɔn, usay di layt fɔ sɛns de shayn ɔltɛm na di ɔlta fɔ di sol, nɔ de wɔri, nɔ strɛs, nɔ tɛnsiɔn, nɔ ner:ɔs, bɔt na fɔ gɛt kol at, fɔ gɛt kol at, fɔ gɛt kɔnfdɛns pan yusɛf, ɛn fɔ gɛt tru tru gladi at

Pis de fɔ una

* e silɛns bin wɔn

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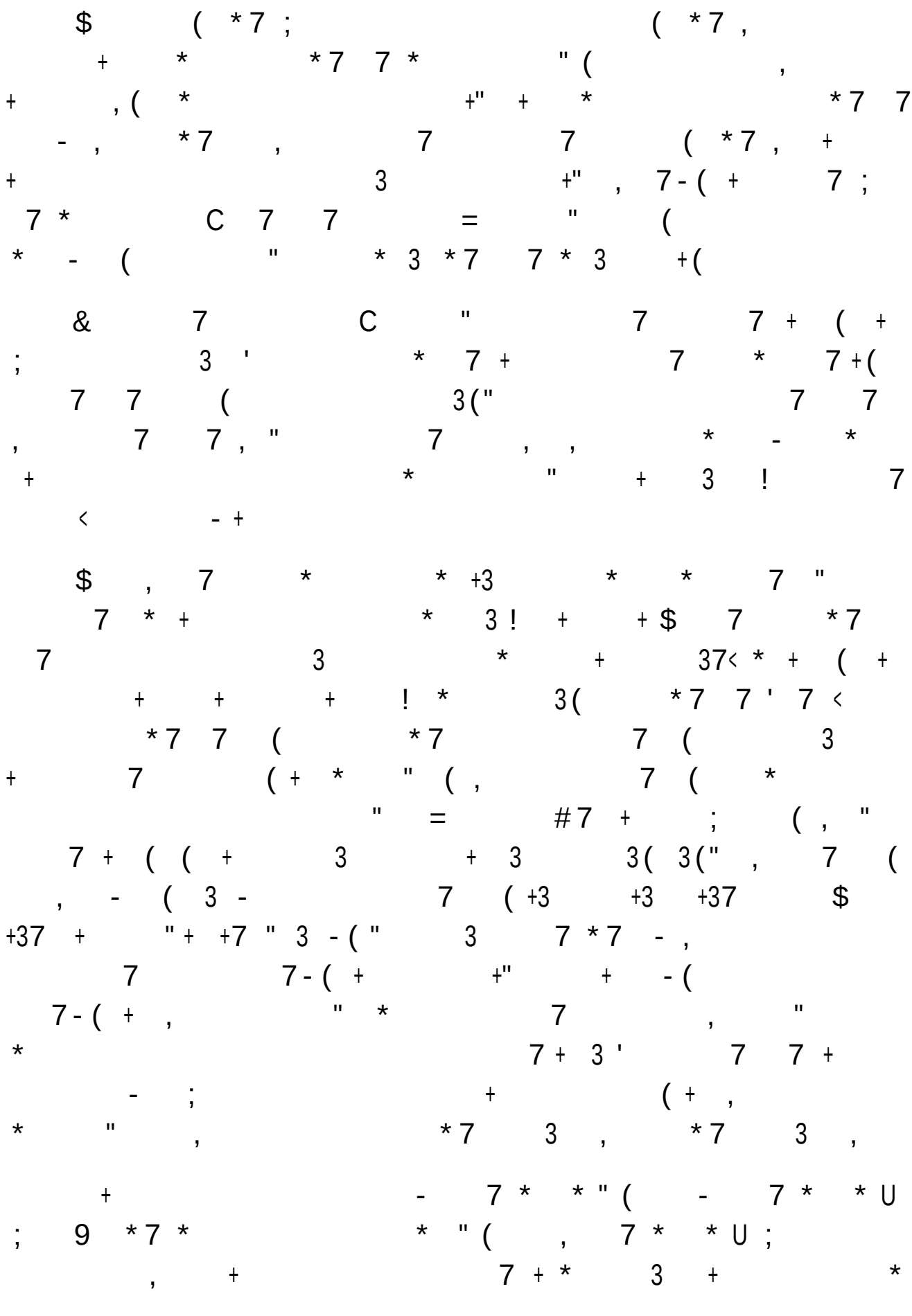

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in dɛn we pɔsin kin no bɔt spiritual tin dɛn

Frɔm di tiChin dɛn we " asta Paramhansa Yogananda bin tiCh

+elfshness we de luk fɔ gladi at fɔ insɛf we nɔ de tink bɔt di gladi at we ɔda pipul dɛn gɛt, ɔ we de tramp ɛn pwɛl di rayt intɛres fɔ ɔda pipul dɛn fɔ mek i ebul fɔ riCh in yon gol dɛn we i want fɔ insɛf, de mek pipul dɛn nɔ gɛt gladi at bɔku bɔku wan ɛn mek pipul dɛn sɔfa ɛn mek dɛn sɔfa

D " asta, Yu na di sɔs fɔ fri/an we nɔ gɛt bɔda ɛn di wata we de ful/ɔp wit blɛsin ɛn gudnɛs $ɛ wi no bak di gladi at we pɔsin kin gɛt fɔ gi, ɛn lɛ wi gi fri wan fɔ mit ɔda pipul dɛn nid lɛk se na wi yon

* e pɔsin nɔ kɔndɛm ɔda pipul dɛn bɔt i tray fɔ ɛp dɛn wit ɔndastandin ɛn lɔ:, dat min se >ɔd in lɔ dɛnK as pawa we i de tink bɔtKgo trit da pɔsin de we gɛt sɔri/at di sem we

-nibɔdi we de ɛp ɔda pipul dɛn wit in maynd ɛn tin dɛn we gɛt at we ful/ɔp wit gudnɛs ɛn fri/an, go si se wetin i de gi de kam bak to am, ɛn dis na di lɔ fɔ du sɔntin we de apin to at

* etin pɔsin de fl to ɔda pipul dɛn de mek di ɛtɛr de shek shek ɔltɛm, ɛn i de mek i gɛt sɔri/at ɛn du gud to am di rayt we !i wan we fɔgi: di wan dɛn we dɔn du am bad go mek dɛn fɔgi: am ɛn fɔ gri fɔ insɛf

^^^ 2

Fɔ kip kɔmpin wit gud ɛn sɛns pipul dɛn we gɛt strɔng maynd, fɔ rid gud buk, fɔ fɛn ɔltin we yu de

insay yusɛf, fɔ du tin dɛn we gɛt fɔ du wit art, sayɛns, buk ɛn magaEin dɛn, ɛn fɔ du tin dɛn we de mek yu gɛt frut ɛn bɛnift, ɔl dis kin ɛp fɔ mek di maynd di:ɛlɔp ɛn strɔng, ɛn dis kin mek i ebul fɔ tek di ay no mɔ pan ɔl dat, fɔ tink gud wan ɛ:ride kin mek di sol Cha@ wit di:ayn sɛns

^^^ 2

* i nɔ go kɔmpia di @ɛntriman dɛn na di wɔl ɛn di wan dɛn we @ɛntri na di spirit, bikɔs di wan dɛn we @ɛntri na di spirit na di wan dɛn we @ɛntri pas ɔl di wan dɛn we @ɛntri na >ɔd in yay

^^^ 2

(efresh wi wit di fragrant briE we yu de blo

Ful wi wit longing fɔ yu glori preEɛns

" ek wi bi nourished by Yu di:ain waes

" ek wi fl yu oli layt

, de ɔlsay na wi layf

-n i de mek wi mekɔp wi maynd mɔ ɛn mɔ

-n i de pul wi daknɛs

-n mek pis de kɔba wi

ɛn fɔ gɛt op

, de gi wi di maynd fɔ du gud tin dɛn

^^^ 2

! i men tin we de mek prɔblɛm dɛn na di wɔl na fɔ @ɔs bisin bɔt dɛnsɛf nɔmɔ, ɛn na bikɔs dɛn nɔ no natin

#Iman tink se dɛn de du di rayt tin, bɔt we dɛn de du dɛn yon gol dɛn nɔmɔ, dɛn de mek di karma lɔ fɔ kɔE ɛn ɛfɛkt, we go mɔs pwɛl dɛn yon gladi at ɛn ɔda pipul dɛn gladi at

! i mɔ we a de si di bad bad tin dɛn we de apin na di wɔl we mɔtalman nɔ no natin, na di mɔ a de no se gladi at nɔ go las ilɛksɛf dɛn mek di strit dɛn wit gold

>ladi at de fɔ mek ɔda pipul dɛn gladi ,f ɔlman du dat, ɔlman go gladi ɛn ɔlman go gɛt in pat pan di bɔku bɔku tin dɛn we de na di wɔl

^^^ 2

Pɔsin fɔ ebul fɔ kɔntrol in layf bay we i de pul di sid ɛn rut dɛn we de mek i nɔ ebul fɔ du sɔntin bay we i de tren wetin i want fɔ du na di rayt rod so dat i go Chen@ ɛn shek mɔtalman ilyushɔn

! is wil nɔ go brok bikɔs i de sho wetin >ɔd want, ɛn i dɔn ɔlrɛdi de insay mɔtalman, ɛn ɔl wetin i fɔ du na fɔ sho am insay in dip dip tin dɛn

^^^ 2

* e di wan dɛn we de fala yu de pre

A kin gɛda di raytin fɔ oli ɛkstaEi frɔm dɛn yay

-n a kin miks am wit mi spiritual Eil

Fɔ gi am as drink we de mek a fl fayn fɔ mi tink dɛn we a tɔsti

, de drink te i satisfay, ɛn in pen ɛn fred nɔ de igen

Fɔ di wan dɛn we de aks fɔ kɔndɔlɛns ɛn sɔri/at

A de preEant dis ma@ik kɔktɛl

,nsay transparent goblet dɛn we gɛt sinsi at ɛn gud intenshɔn

" ek ɔlman we de drink dis blɛsin ɛliks

, kin gɛt gladi at we kin de sote go ɛn fɔgɛt di prɔblɛm dɛn ɛn pen dɛn we i kin gɛtF

^^^ 2

>i wi di wata we de mek wi ɔndastand

Bɔku bɔku pipul dɛn bin taya ɛn taya bikɔs dɛn tɔsti pan >ɔd biEnɛs

+o dɛn bigin fɔ @ost tru di krawd we nɔ bin no natin

Bɔku pan dɛn kin shek bikɔs dɛn kin shek bad bad wan

! ɛn kin fɔdɔm na di rod

,gnoranCe de krɔs dɛn wit in fut

" asta, wi want di wata we de mek pis

ɛn drink we gɛt sɛns

-n di ɛliks fɔ ɔndastand

Fɔ mek wi nɔ tɔsti we de bɔn

Bikɔs we di wata we de mek pɔsin ɔndastand nɔ kil am

* i kin agyu, wi kin agyu, ɛn wi kin fɛt

* i de kil wisɛf

,nsted fo trai fo fain

,nsay di :ali we gɛt ay ay ayland dɛn

Na di $ek fɔ #ndastand

* e in wata de mek di sol nɔ tɔsti

, de tɔk bɔt di fl dɛn we pɔsin kin fl

^^^ 2

-nitɛm we a de sɛn wef fɔ sɔri/at ɛn gud/wil to ɔda pipul dɛn, a kin opin wan pat fɔ >ɔd in lɔ:

+o dat yu go kam to mi

!i:ayn lɔ: na di magnet we de atrak di big big gud

'nta, D " asta, di oli ples fɔ mi sol tru di winda we de mek a want fɔ du sɔntin na mi at, ɛn tru mi at prea dɛn

A go bɔn ɔl mi wikɛd tin dɛn we a gɛt pan sɛns ɛn gud abit dɛn na di faya we de mek a gɛt maynd, bikɔs if a nɔ pul dɛn wikɛd tin dɛn de, a nɔ go ebul fɔ si di faya we kɔmɔt frɔm >ɔd ɛn we gɛt blɛsin

^^^ 2

Dh, " asta

ide a go komit fɔ akɔmplit patikyula tin dɛn ɛn afta dat a go du wetin a bin plan

A go mek shɔ fɔs se wetin a want fɔ du kɔrɛkt, dɔn a go fl yu trɛnk ɛn, wit yu ɛp ɛn blɛsin, a go du wetin a want fɔ du

^^^ 2

+ik na tri kayn1 bɔdi, maynd, ɛn spiritual

Bɔdi sik kin kam bikɔs ɔf bɔku kayn pɔyEin, sik dɛn we kin kam pan pɔsin, ɛn aksidɛnt

Na wae pɔrsin de frayd, wɔri, :ɛks, ɛn ɔda kayn pwɛl hat sik kin kam wit pɔrsin in maynd

Bɔt di sik we pɔsin kin gɛt na in spirit kin kɔmɔt frɔm we i nɔ no bɔt in padi biEnɛs wit >ɔd

,gnoranCe na di big big sik * e pɔrsin pul pan ignoranCe, i kin pul ɔl di tin dɛm wae de kɔE ɔl di sik dɛm na in bɔdi, in maynd, ɛn spiritual sik dɛm bak

Bɔku tɛm, mi tiCha, +ri Yuktsuwar, bin de tɔk se1 * aiE na di mɛrɛsin fɔ ɛni sik

^^^ 2

As di san in layt de skata, a go put rayt fɔ op na di po ɛn misɛf pipul dɛn at, ɛn layt lamp dɛn we de sho se dɛn dɔn mekɔp dɛn maynd ɛn kɔnfdɛns pan dɛnsɛf na di at fɔ di wan dɛn we tink se dɛn nɔ ebul fɔ du natin

* e wi no se layf na skul fɔ lan ɛn du wok, ɛn di sem tɛm na drim we nɔ de te, wi go no da tɛm de se >ɔd de wit wi

$ayf fɔ kɔmɔt frɔm sa:is, bikɔs if dɛn nɔ gɛt da fayn gol de, di maynd we >ɔd gi mɔtalman nɔ go ebul fɔ du di riEin we mek dɛn mek am

^^^ 2

* an nɛt a go was na di si wit di mun layt !i wata bin rili kol, bɔt a mɛmba misɛf se ɔltin na ilɛktrishɔn, se di sem ilɛktrishɔn we de mek kol de mek ɔt bak, ɛn wata insɛf nɔto natin pas ilɛktrik ɛna@i dɛn we de sho

,nsay dis tinkin, >ɔd in layt bin kɔba mi, ɛn di flin fɔ kol bin lɛf mi bikɔs a nɔ gri fɔ tek am Bifo dat, a bin afɛm di trut se ɔltin na di:ayn ilɛktrishɔn mek am

,a bifo, di weta bin hot pasmak, ɛn ɔlman bin de pant ru mental asosieshɔn, dɛn diskɔmfɔt bin transfa to mi, mek a nɔ ebul fɔ kɔnsɛntret ɛn rayt atikul !ɔn a bin de kɔs misɛf, se, 7 * etin mek ɔl disG7 ɛn pre to >ɔd

7D " asta, di sem ilɛktrishɔn de mek ɔt na di ɔ:in ɛn ays na fri@ !i wɛda mildF7 * antɛm wantɛm di wɛda

bin fayn fɔ mi lɛk se wan layt sno dɔn rawnd mi bɔdi, ɛn a bigin fɔ fl se a gɛt bɔku inspɛkshɔn ɛn rayt witout ɛni prɔblɛm

* an tɛm, a bin de tra:ul krɔs di stet dɛn insay wan opin tour motoka wit wan grup we na yɔJ studɛnt dɛn we de fɛn dɛnsɛf Wrɛfrɛns dɛn se wan pan dɛn nem (ashidX * an pan dɛn na mi sɛktri " i ɛn in bin de slip na di motoka ɛn sheb wan smɔl blankit

! i nɛt bin rili kol * e a slip dip, i pul di blankit kɔmɔt pan mi, ɛn we a wek af/af, a nɔ no se a pul di blankit kɔmɔt pan amF ! is bin go fɔ sɔm tɛm ! ɔn mi maynd se, 7 * etin mek yu de akt lɛk disG #ltin fayn Yu wamF7

! ɔn a trowe di blankit, sidɔm, ɛn bigin fɔ tink gud wan te mi bɔdi fl lɛk ɔt bred * e di disaypul dɛn wek tu awa afta dat, dɛn de shek shek wit kol, dɛn si mi se a nɔ de mu: A bin de absɔb insay oli gladi gladi, ɛn dɛn tink se a dɔn day ! ɛn wek mi frɔm mi spiritual rapChɔ wit dɛn ala ala, bɔt a smayl ɛn se, L * etin mek ɔl di nɔys, yong man demG " ek wi kontiniu fo wi @oyn72

! ɛn bin protɛst, se, 7A bin sidɔm na di friE kol we a nɔ gɛt kot ɔ blankitF Bɔt stil a nɔ bin keCh kol na mi nɔmɔ bin de wamF7

Notis1 * i nɔ kin ad:ays fɔ put di bɔdi pan bad bad klaymat ! i sɛ@ Paramahansa bin tɔk bɔt dɛn ɛkspiriɛns ya fɔ sho di tin dɛn we mɔtalman ebul fɔ du ɛn di tin dɛn we pɔsin kin ebul fɔ du, bɔt stil i bin stil ad:ays fɔ tek tɛm ɛn fɔ tek tɛm du tin fɔ dil wit dɛn kayn tin dɛn ya

^^^ 2

A no se mi tinkin go briJ mi ɔl tu fɔ fel ɔ sakrifays, dipen pan us aidia strɔng pas ɔl na mi layf +o, a go tray fɔ mɛmba se Yu, " asta, es Yu ɛp an ɛn mek di rod fɔ mi sakrifays

A go adopt sinCerity ɛn ɔnɛs we a de dil ɛn intarakshɔn wit ɔlman, ɛn a go spre lɔ: tink ɛn gud wish, ɛn afta dat >ɔd go sɔpɔt mi wit in trɛnk ɛn sɛns

^^^ 2

* e di maynd de gri wit >ɔd, we na di say we ɔl di gud tin dɛn kɔmɔt ɛn usay ɔl di pawa dɛn we gɛt blɛsin kɔmɔt, i kin no se >ɔd de ɛn i kin gɛt ɔl di tin dɛn we kin mek pɔsin gɛt sakrifays

! ɛn tin ya gɛt sɔntin fɔ du wit di pawaful pawa we >ɔd gɛt, we ebul fɔ mek nyu riEin ɛn Chans fɔ mek pɔsin gɛt sakrifays pan ɛni wok

^^^ 2

* i fɔ luk fɔ kɔmyuniti we gɛt pipul dɛn we de go bifo we de tɛl wi di tru ɛn ɛp wi fɔ mek wi bɛtɛ

! i bɛst padi na di wan we ɔmbul fɔ tɔk bɔt aw wi go yuE ɛn tin dɛn we wi fɔ du fɔ Chen@ wi layf fɔ bɛtɛ

Fɔ kɔndɛm am bad bad wan, we dɛn kin tɔk wit bad at ɛn flin we kin mek i at, tan lɛk fɔ nak pɔsin na in ed wit hama, bɔt lɔ: gɛt mɔ pawa ɛn i kin bɛnift mɔ

! i fayn ad:ays dɛn we dɛn kin gi wit lɔ: ɛn ɔndastandin gɛt di pawa fɔ mek wɔndaful tin dɛn, pan ɔl we fɔ kɔndɛm ɔda pipul dɛn bad bad wan nɔ kin ebul fɔ du natin we gɛt :alyu

^^^ 2

,:in di dip sɔri/at kin wɛl bay tɛm, so i nɔ gɛt ɛni bɛnift fɔ briJ sɔri/at ɛ:ride na wi layf

Fɔ fl bad fɔ lɔng tɛm fɔ pɔsin we wi lɛk we dɔn day, nɔ de ɛp am ɛn wi, ɛn i nɔ de Chen@ ɛnitin fɔ tru

Fɔ di:ɛlɔp pɔsin we nɔ impɔtant ɔ fɔ pɔnish insɛf fɔ mistek ɔ fɔ di tin dɛn we i nɔ bin ebul fɔ du trade nɔ go bɛniftN bifo dat, i de mek layf nɔ fayn ɛn i de mek pɔsin nɔ ebul fɔ tink gud wan

* i nɔ fɔ alaw wisɛf fɔ fɔdɔm insay di pit fɔ boring rutin, bikɔs dat na saykilɔ@ik stet we de fa frɔm

kɔmfyut, as i de ambɔg di maynd ɛn bɔn di layt abiliti dɛn na di ɔfna fɔ apathy

^^^ 2

" ɔtalman wil na pawaful @enɛratɔ fɔ ɛna@i * e pɔsin de yuE wil pawa ɛn di want fɔ gɛt tru tru ɛna@i sɔs, pɔsin kin kɔnɛkt kwik kwik wan wit di in f nite distributor of inner forCes

^^^ 2

- : ri wɔd, gud ɔ bad, de lɛf in : aybreshɔn Hdat na, in ifɛktI na di bɔdi ɔ bren, ɛn na di layf ɛna@i ɛn tink insay di fɔm fɔ inklin ɛn want +o, di : aybreshɔn fɔ ɔl di tɔk de lɛf gud ɔ bad tin dɛn na di maynd

! i wan we de pul di riEin dɛn we mek i de Chen@ di trut, de mek wan big trɛnk insay insɛf so dat i nɔ go gi lay lay witnɛs ɛn ɔl wetin i tɔk na tru

^^^ 2

D " asta, gi mi di trɛnk fɔ yuE mi : ɔys fɔ sa : di trut bay we a de tɔk swit, bɛnif t, ɛn rifresh wɔd dɛn Ple Yu myuEik dɛn we nɔ de day na di Aut na mi layf so dat a go blɛs wit di : aybreshɔn dɛn we Yu oli tiun dɛn de mek

^^^ 2

* i na wan impɔtant pat pan di kɔsmik si we nɔ gɛt bɔda * e wi riCh de ɛn swim insay de, wi kɔnshɛns de bɔku ɛn wi de f l wi big big wan

* e wi tink bɔt am, dat kin mek wi kam nia am, we wi tink bɔt am, dat kin mek wi kam nia am, ɛn we wi kɔntinyu fɔ tray fɔ gri wit am, dat kin mek wi no, mekɔp wi maynd, ɛn trɛnk

^^^ 2

* etin tan lɛk se na prɔblɛm na infakt in : iteshɔn fɔ fri di pawa dɛn we dɛn dɔn kip insay wi, ɛn wit ɛ : ri rilis fɔ di layt ɛna@i dɛn we gud insay wi, wi de gro strɔng ɛn gɛt sɛns

>ɔd de es in an fɔ ɛp am insay we dɛn we ayd !i pis na in maynd we de kam dɔJ pan di pɔsin we de luk fɔ am we i de tink gud wan, na pruf fɔ se i de de, ɛn di spiritual gladi we di pɔsin we de tink gud wan kin fl na di we aw i de ansa to wetin i want ɛn in lɔ:

Pɔsin nid fɔ gɛt inof tɛm fɔ ɛn@ɔy di fayn fayn tin dɛn we de na di wɔl, fɔ analays in layf, ɛn fɔ Chɛk di tin dɛn we i tink se impɔtant ɔ we i tink se impɔtant ɛn we i nɔ go ebul fɔ du witout, so dat i go ɛn@ɔy wetin i gɛt ɛn spɛn di tɛm we i nid wit in famili mɛmba dɛn ɛn padi dɛn fɔ mek i go no dɛn mɔ, ɛn di tin we impɔtant pas ɔl na fɔ no insɛf

^^^ 2

!i wan dɛn we sabi >ɔd ɔndastand se di sol we de insay gɛt gladi at we go de sote go insay am -n ɛnibɔdi we test da gladi at de ɛn satisfay wit am gɛt sɛns we go de sote go

^^^ 2

* etin mek i tan lɛk se sik de mek pɔsin fredG Na bikɔs i de briJ pen ɛn day

!ɛn fɔ pul di sik kɔmɔt na di bɔdi ɛn na di maynd ɛn sol we dɛn kɔba wit ignoranCe

Nɔto @ɔs di bɔdi we pɔsin kin gɛt nɔmɔ i kin fl penN de sɔfa bak na di maynd, saykilɔ@ik, ɛn spiritual * i de sɔfa wit melankoli, frɔm ɔda bad bad abit ɛn saykilɔ@ik kɔndishɔn, ɛn frɔm fred we bɔku pan dɛn na ima@inari +piritually, wi de sɔfa wit ignoranCe of the immortal nature of wi sol

!i:ayn pawa de wok wit ekstrim prɛsishɔn, so pɔsin fɔ de insay wanwɔd ɛn kɔnfɔm to am

* i fɔ alaw di kɔsmik :aybreshɔn fɔ >ɔd fɔ Aɔ to wi ɛn tru wi

-n fɔ briJ ,n layf preEɛns insay wi layf ɛn Cha@ wi bɔdi wit ,n blɛsin ɛn hilin ɛna@i

^^^ 2

* e dɛn Chen@ di bad tin dɛn we pɔsin kin gɛt wit di gud tin dɛn, di kɔnfyushɔn kin dɔn ɛn i kin gɛt pis bak na in maynd

* e disaypul disayd tranga wan fɔ go bifo pan di rod, natin nɔ go stɔp am ɛn natin nɔ go ambɔg am

^^^ 2

! i bɔdi gɛt trilyɔn sɛl dɛn, ɛn ɛni sɛl tan lɛk pɔsin we gɛt sɛns ! i sɛns we de ayd insay ɛni sɛl fɔ wek ɛn tren fɔ no ɔltin we pɔsin kin no, bɔt mɔtalman nɔ tren dɛn sɛl dɛn de, ɛn na dat mek i de li: insay wan stet we in at pwɛl, we i de si tin dɛn na in maynd fɔ shɔt tɛm, ɛn i de sɔfa bikɔs i nɔ no

Notis1 ! ɛn bin tɔk di tin we wi dɔn tɔk bɔt we " asta Paramahansa bin gi wan lɛkshɔn insay .=39 Afta bɔku bɔku ia, di wan dɛn we de stɔdi bɔt tin dɛn we gɛt layf bin ebul fɔ no di ! NA we de insay di nyuklicɔs na ɛni sɛl -kspiriɛns dɔn pru: se di ! NA we de insay ɛni sɛl gɛt prɛsis infɔmeshɔn ɛn sɛns we nɔbɔdi nɔ go bili:

^^^ 2

Fɔ bi tru ɛn fɔ ɔnɛs na sɔm pan di big kwaliti dɛn we a rili :alyu pan pɔsin

Padi biEnɛs kin gro wit ɔnɛs ɛn i kin go bifo ɛn i kin go bifo na di grɔn we pɔsin kin du tin wit ɔl in at

, nɔ mata aw wi de nia pɔsin, wi fɔ swit da rilayshɔn de wit rɛspɛkt ɛn bie: fayn, da tɛm de di padi biEnɛs go fayn ɛn go las

Bɔt, we pɔsin sabi ɔda pipul dɛn we kin mek i nɔ tek tɛm ɛn nɔ tek di we aw ɔda pipul dɛn de fl, dat kin pwɛl padi biEnɛs

^^^ 2

Pɔsin nid tru tru padi dɛn we dɔn klaym di lada na layf fɔ ɛp am fɔ kɔntinyu fɔ impɔtant , fɔ ɛp ɔda pipul dɛn bak fɔ grap ɛn sheb wit dɛn di blɛsin dɛn we >ɔd de gi am we i de ɛn@ɔy

ru padi biEnɛs na di yuni:asal spiritual atrakshɔn we de mek sol dɛn kam nia dɛnsɛf ɛn tay dɛn wit di bond fɔ di:ayn lɔ:

!is lɔ: ɔ padi biEnɛs kin apin bitwin tu ɔ mɔ pipul dɛn

* e spiritual padi biEnɛs de na di at, di sol de Aɔt insay di si we de ɔlsay na di kɔsmik spirit, ɛn lɛf di tin dɛn we de stɔp am ɛn di bɔda dɛn we bin mek i nɔ de nia di tin dɛn we >ɔd mek

^^^ 2

A fl se a gɛt kɔnekshɔn wit ɔl mɔtalman, @ɔs lɛk aw pɔsin kin fl se i de nia in famili !is flin nɔ go ebul fɔ tɔk bɔt, ɛn we i kam, i kin briJ dip ɔndastandin bɔt di minin ɛn fayn fayn layf

^^^ 2

, fayn fɔ tray fɔ du wetin >ɔd want pan ɔl wetin wi de du, bikɔs dis na di rod fɔ gɛt pis ɛn gladi at insay wi at !is big ɛn nɔ gɛt bɔda, wit in difrɛn difrɛn natura pawa dɛn, na >ɔd in wil we de gayd am de gayd am #ltin de wok akɔdin to di di:ayn plan, ɛn wi na wan impɔtant pat pan da kɔsmik plan de

* i fɔ du wi wok, ɛn wi fɔ du di wok we >ɔd gi wi, nɔto di wok we go mek wi gladi

^^^ 2

Frɔm di arki: dɛn1 * i dɔn mit bifoG

,nsay di tɛm we dɔn pas, insay di at fɔ di ɛtɛ, we wi kam fɔ bi spirit, wi ɔl bin de slip

#nda di blankit fɔ di:ayn lɔ: -n we >ɔd wek wi, wi go fa frɔm Am, lɛk di stori bɔt di pikin we dɔn lɔs, ɛn wi fɔgɛt di di:ayn bond bitwin wi ɛn bi stren@a to wisɛf

Bikɔs wi dɔn lɛf wi os we de na ɛ:in, wi dɔn bi pipul dɛn we de tra:ul na dis wɔl, we de tra:ul na di kɔna dɛn na di wɔl ɛn waka na di rod dɛn we tin go apin

* i dɔn tra:ul fa fawe, fa frɔm wi fɔs os Bɔt stil, wan wan tɛm, sɔm ples dɛn, ɛkspiriɛns dɛn, ɛn fes dɛn kin wek mɛmori dɛn we dɛn bɛr ɛn dip, insay flin dɛn we kin wispa to wi

* i kin fl se wi de ɛkspiriɛns bak tin dɛn we wi bin dɔn no bifo, ɛn wi kin mit ɛn tɔk to pipul dɛn we wi lɛk we wi bin de nia wi trade trade

^^^ 2

" asta, blɛs wi wit di gudnɛs fɔ di di:ayn lɔ:

" ek wi at mɛlt wit lɔng fɔ yu

-n di faya dɛn we de mek i want fɔ du sɔntin de bɔn insay am

+ɔntɛm dɛn kin put wi sol na @el na keCh dɛn we pɔsin kin si

, kin kɔmɔt biɛn di tin dɛn we i kin du fɔ mek i nɔ ebul fɔ du wetin i want

-n i bigin fɔ go, bikɔs >ɔd want am fɔ du am

o di shores of yu eternity

D wi pɔsin we wi lɛk sote go

^^^ 2

* i de aks yu, D " asta

" ek yu lo: shayn pan wi sol

-n mek yu glori shayn pan wi

-n mek Yu sɛns gayd wi pan ɔl di ste@ dɛn na wi layf

-n mek , aksept di lɔ: we wi at gɛt ɛn di tin dɛn we wi want

-n blɛs wi wit di tɔCh we yu de tɔCh wi

-n fɔ ɛn@ɔy fɔ de nia yu

^^^ 2

* e wi bigin fɔ ɔndastand mɔtalman in ɔl, wi no se i nɔto @ɔs wan tin we pɔsin kin si ,nsay am, bɔku bɔku pawa dɛn de, di pɔtnɛshɛl we i de yuE to difrɛn digri dɛn fɔ mek i ebul fɔ adap to di kɔndishɔn dɛn na dis

wɔl -n di pawa we dɛn pawa ya gɛt pas aw di a:ɛre@ pɔsin kin ima@in

^^^ 2

! i atrakshɔn fɔ di di:ayn lɔ: de wok tru klin ɛntaysmɛnt ɛn saful persuasion * e di at de si di kɔl fɔ di:ayn lɔ:, i gɛt wan want fɔ mek di sɛklɔ fɔ in kapChɔ lɔ: fɔ inklud ɛgEistens ɛn ɔl wetin de insay +o, di kapChɔ lɔ: de fri ɛn nɔ de kɔntrol am ausayd di bar dɛm fɔ selfsh ɛn rigidity

-n so lɔ: kin si insɛf nyu wan na >ɔd in at, ɛn ɔltin kin miks insay da blɛsin wan de

^^^ 2

* i de gro tru ɛ:ri ɛkspiriɛns we wi de go tru, as lɔng as wi no se wi kin lan :alyu lɛsin frɔm dɛn Fɔ ɛ:ri pen ɛn sɔfa we wi de ɛkspiriɛns gɛt minin ɛn riEin

Pan ɔl we di tin dɛn we dɛn kin du fɔ tray tranga wan, dɛn tan lɛk faya we kin mɛlt ayɛn ɔyl fɔ mek i tɔn to fayn fayn stɛl we kin te, ɛn we kin yuE bɔku tin dɛn

^^^ 2

Fɔ ɔmbul na di opin domɔt we di bɔku bɔku sɔri/at, lɔ:, ɛn kol at de go insay di gud sol dɛn we lɛk gud ɛn we de tek di layt ɛn blɛsin dɛn na ɛ:in

^^^ 2

,lɛksɛf pɔsin na biEnɛsman we gɛt sakrifays, pɔlitiksman we gɛt sɛns, dikteta we de rul wit pawa, ɔ bigman we de mek Chen@ dɛn, in pawa nɔto natin we yu kɔmpia am to di pawa we >ɔd gɛt we nɔ gɛt ɛnd

^^^ 2

Prawd kin mek pɔsin blaynd pan >ɔd biEnɛs bikɔs i de drɛb di :ishɔn bɔt di big big ples we de insay big sol dɛn frɔm di sol

>ret pipul dɛn no se na di #lmayti >ɔd lɛnt dɛn trɛnk we lɛk di wan dɛn we ɔmbul ɛn we de mek dɛn no mɔ, gayd dɛn, ɛn trɛnk

^^^ 2

ru padi biEnɛs na di layt we de mek wi ɛp wisɛf so dat wi go si di get fɔ ɛ:in ɛn pas insay di say we >ɔd lɛk wi

^^^ 2

Bad wamat tan lɛk kansa, de gnawing at inner peaCe !is de ɛksplen wetin mek pɔrsin wae gɛt harsh temperament nɔr kin ebul fɔ win in prɔblɛm ɛn prɔblɛm dɛm

* e pɔsin nɔ de du bad tin dɛn, i nɔ kin ebul fɔ kɔntinyu fɔ tray tranga wan wit layf, ɛn @ɔs afta we i alaw di bad we aw i de fl fɔ kɔntrol in maynd, in wil kin paralayE

!ɛn kwaliti dɛn de kin kɔba di bren insay fɔg we kin mek pɔsin kɔnfyus ɛn kɔnfyus, ɛn dɛn kin pwɛl di we aw pɔsin kin tink gud wan

Pɔsin kin win tru in maynd ɛn wetin i want, ilɛksɛf di tin dɛn we de apin na layf bita ɛn at

^^^ 2

" ɔtalman sol de tay to di bɔdi bay wan Chen we gɛt tin dɛn we i want, tɛmteshɔn, trɔbul, wɔri, ɛn fred, ɛn i de tray fɔ fri insɛf

,f yu kɔntinyu fɔ pul da Chen de we de tay yu to bɔdi kɔnshɛns so tranga wan, wan de di di:ayn an go in:ayt ɛn kɔt di Chen, ɛn yu go fri

^^^ 2

* etin na layf we wi nɔ gɛt gud padi dɛn we nɔ de kɔmɔt biɛn wiG !i at gɛt magnet we de atrak tru tru padi dɛn Na magnet fɔ lɔ:, fɔ nɔ bisin bɔt dɛnsɛf nɔmɔ, ɛn fɔ bisin bɔt padi biEnɛs

* e wi de shek an wit pɔsin, wi fɔ tɛl am di magnetiEm fɔ wi lɔ: ɛn sinsi ɛn tray fɔ ɛp am as wi ebul

^^^ 2

No nid nɔ de fɔ mek pipul dɛn kɔntinyu fɔ de tinap ɛn nɔ Chen@ !ɛn fɔ pul di :el dɛn we de mek pipul dɛn

nɔ bili: di tin dɛn we de na di sol so dat i go shayn wit in klin ɛn trɛnk, we go sho di fayn fayn ples we >ɔd dɔn gi mɔtalman

>ɔd de blɛs pɔsin we de tray fɔ du gud, we pɔsin want fɔ bi di rayt we, ɛn we i mekɔp in maynd fɔ gɛt sakrifays

^^^ 2

Dh, " asta

, nɔ mata us prɔblɛm ɛn trɔbul dɛn a de gɛt

A no se i ripresent di nɛks ste@ fɔ mi spiritual di:ɛlɔpmɛnt

A no gud gud wan se a gɛt di no ɛn di pawa

!ɛn tu tin dɛn de we yu gi mi

+ɔm ɔndastandin ɛn sɔm win

^^^ 2

-:in na ples we gladi pasmak usay trɔbul ɔ sɔri/at nɔ de

* e dɛn kɔntinyu fɔ tray fɔ du gud ɛn du gud tin dɛn, di sol dɛn kin dɔn riCh wan say we dɛn kin gɛt gladi at we go de sote go ɛn we dɛn kin gɛt nyu layf

>ud du min fɔ tink gud wan ɛn du tin dɛn we go ɛp yu ɛn we go bɛnift yu

^^^ 2

* e yu ebul fɔ tɔn ignoranCe to sɛns

Frɔm wikɛd ɛn wik to wɛlbɔdi ɛn trɛnk

* aka wit kɔnfdɛns ɛn maynd V i:in if yu wan V na di rod dɛn na layf

-n di gladi at we pɔsin kin gɛt we i gɛt kɔnshɛns we de alay: ɛn we de waCh

-n fet we nɔ de shek pan >ɔd in @ɔstis ɛn di win we di trut win lay lay tɔk ɛn di rial tin we de apin pan ilyushɔn

-n we yu de tray ɛ:ride fɔ rilis yu tinkin to ay ɛn mɔ rifn lɛ:ɛl

, gɛt at we lɛk ɛn tɛl tɛnki

-n gud intenshɔn to ɔda pipul dɛn

Yu intɛlektual nourishment na magnɛtik

-n afta dat, i go atrak ɔltin we fayn ɛn we go bɛnift yu

Frɔm tin dɛn, pipul dɛn, ɛn tin dɛn we de apin we dɛn nid

)ɔntinyu fɔ tra:ul go na di shores fɔ sef ɛn sef

^^^ 2

Fɔ fala pɔsiti: silɛns ɛn kwayɛt, i:in fɔ @ɔs af awa bifo yu go slip na nɛt ɛn grap na mɔnin, go mek yu fl fayn fɔ gɛt kɔmfɔt na yu maynd, we de ɛp fɔ fes ɔl di tranga tin dɛn we de apin na di ɛ:ride fɛt na layf * it da insay flin de, i go bi pɔsibul fɔ a@ɔst di tin dɛn we yu nid ɛn nid ɛ:ride

^^^ 2

* e pɔsin riCh wan say we pɔsin kin gɛt ay kɔnshɛns, i kin mek pɔsin go bifo kwik kwik wan na di spirit ɛn i kin ɛp fɔ day: mɔ wit sɛns insay di si we di spirit de

^^^ 2

Pɔsin kin gɛt gladi at akɔdin to di kwaliti we di sid dɛn we i dɔn plant ɛn kɔntinyu fɔ plant na di grɔn na in layf gɛt

^^^ 2

" ɔtalman in maynd na big big say fɔ kip ɛna@i ɔ impɔtant tin dɛn fɔ du

dis akt:Sti de yus SltRm fS mu:mRnt mSsul dRm, di wok we di at, di lSng dRm, Rn di dayafragm de wok, di sRl mRtabolism, di bSdi kRmikSl riakshSn, Rn fS di wok we di mStalman sRns Sgan dRm HnR: dRmI de wok 2

Apat frɔm dat, dɛn kin spɛn bɔku impɔtant trɛnk fɔ tink, flin, ɛn fɔ want

Fɔ fred kin mek di impɔtant tin dɛn we pɔsin de du wik ɛn na wan pan di bad bad ɛnimi dɛn we pɔsin kin gɛt we i want fɔ du sɔntin

^^^ 2

,pokrit nɔ de mek pɔsin gɛt gud riEɔlt ! i pɔsin we gɛt sɛns pas ɔlman nɔ kin ebul fɔ ayd wetin in yay de sho, bikɔs dɛn kin rayt ɔl di pɔsin in istri na in yay

,f yu want fɔ no di kayn pɔsin we pɔsin bi, aks >ɔd fɔ mek i sho yu di tru bɔt da pɔsin de, bikɔs yu nɔ want fɔ mek dɛn ful yu, ɛn yu go f l insay di dip dip pat na yu at in tru tru nature, ɛn yu intuition nɔ go rɔng

^^^ 2

* ish, intenshɔn, ɛn wil1

7 * ish7 na want we nɔ gɛt di ɛna@i ɛn 7intenshɔn7 na di disayd fɔ du sɔntin1 fɔ fulɔp wan patikyula wish ɔ want As fɔ 7will,7 dɛn kin sho am bay we yu se1 7A go wok tranga wan te a riCh wetin a want72

* e yu tren yu wil, yu kin fri ɛn dayrɛkt pawa dɛn we impɔtant fɔ du, pas fɔ want sɔntin we yu nɔ du wetin nid fɔ gɛt am

^^^ 2

* i nɔ fɔ lɔs op, bɔt wi fɔ no se >ɔd de gi wi Chans afta Chans fɔ mek wi tin dɛn bɛtɛ, fɔ mek wi aydia dɛn ɔp, ɛn mek nyu tin dɛn we go ɛp wi ɛn ɔda pipul dɛn na layf

,f wi nɔ gladi wit di we aw wi de li: wi layf naw, wi fɔ fɛn nyu we ɛn we dɛn we go mek wi satisfay ɛn gɛt pis na wi maynd * i fɔ tink bɔt tin dɛn we go mek wi sikɔstɛms bɛtɛ ɛn mek wi layf gɛt mɔ minin ɛn gɛt riEin, dɔn wi fɔ put dɛn aidia dɛn de insay prɔsis

^^^ 2

" asta, lɛ wi nɔ tek ɛni duty we impɔtant pas di oli duty fɔ no Yu Bikɔs ɛ:ri akshɔn, ilɛk wetin i bi, na tru di pawa we yu dɔn gi wi fɔ a@ɔst $ɛ wi so lɛk Yu pas ɔl ɔda tin, bikɔs if yu nɔ gɛt di gudnɛs we Yu layf gɛt ɛn yu lɔ:, wi nɔ go ebul fɔ li: ɔ lɛk atɔl * i dɔn kɔmɔt frɔm

>ɔd, ɛn ,n yon ɛsin de insay wi wit ɔl ,n klin, glori, ɛn pas di gladi at we pɔsin kin gɛt

^^^ 2

Fɔ no bɔt gladi/at1

No disagreement nɔ de bɔt di absolyut ɛgEistens fɔ blisful kɔnshɛns, bikɔs we wi gɛt da kɔnshɛns de wi kin fl se wi indi:idyualiti ɔ wi smɔl pɔsin dɔn Chen@ ɛn Chen@, ɛn se wi dɔn rayE ɔp di duality fɔ lɔ: ɛn et, gladi ɛn pen, ɛn wi dɔn riCh wan lɛ:ul we di stet dɛn fɔ ɔdinari limited kɔnshɛns de sho klia ɛn klia

* i kin fl bak wan insay ɛkspɛnshɔn ɛn brayt, ɛn wan @enɛral ɛmpati fɔ ɔltin

,nsay dis stet, di nɔys na di wɔl de dɔn, di gladi gladi nɔ de igen, ɛn insay wi de kɔmɔt wan sɛns fɔ di wanwɔd we de ɛn wan klia :ishɔn fɔ di kɔsmik layt de apia

#l di dɔti ɛn di:ishɔn dɛn kin sɔl: to natin, ɛn wi kin fl lɛk se wi dɔn muf go na ɔda wɔl1 to di say we wi kin gɛt gladi/at we go de sote go ɛn we nɔ gɛt ɛnd fɔ de sote go

^^^ 2

Frayd de swɛt ɛn ambɔg di akti:iti na layf we kin Aɔ ɔltɛm to di nɛ: dɛm, so dat dɛn kin tan lɛk se dɛn dɔn paralayE, ɛn di bɔdi kin slo ɛn in layf kin go dɔJ notis ɛn bɔku Hfrayd na tin we de blok di ner:FI 2

Fɔ fred nɔ de ɛp fɔ pul di tin we de mek pɔsin fred , de mek di wil wik ɛn mek di bren sɛn signal we de mek pɔsin nɔ ebul fɔ du natin to di ɔgan dɛn na di bɔdi !ɔn bak, fred de pɔyEin di at, i de mek i nɔ ebul fɔ digest, ɛn i de mek bɔku sik dɛn na di bɔdi

* e di ɔwe de kɔntinyu fɔ pe atɛnshɔn pan >ɔd, yu nɔ go fred natin ɛn yu go ebul fɔ win ɛ:ri prɔblɛm ɛn tin we de ambɔg yu wit maynd ɛn fet

^^^ 2

! i pawa fɔ gɛt sakrifays de na di maynd Yu go no dis trut if yu ol di tin dɛn we yu bili: pan ɔl we di wɔl de dawt ɛn di wan dɛn we de tray fɔ briJ yu dɔJ No limit nɔ de fɔ di pawa we di maynd gɛt Fokus pan dis aidia ɛn ful yu maynd wit di dray: fɔ a@ɔst ɛn di disayd fɔ wok fayn fayn wan fɔ yu gol dɛn

)ɔntinyu fɔ push yu maynd to ay aChi:mɛnt AChi: spiritual riCh, ɛn ɔl ɔda kayn @ɛntri ɛn prɔsperiti go de na yu kɔmand

^^^ 2

)ɔnshɛns nɔ gɛt limit ɛn i nɔ gɛt bɔdaN i de go te to di sta dɛn we de fa pas ɔl ɛn i de pas ɔlsay na ɛ:ri atɔm na di yuni:as, dɔJ to di smɔl smɔl ilɛktron dɛn "ɔtalman fɔ fl wan wit dis si we gɛt kɔsmik kɔnshɛns, we pas famili ɛn nashɔnal bɔda fɔ no dɛnsɛf as mɛmba dɛn na di big mɔtalman famili

^^^ 2

Nɔbɔdi nɔ go ebul fɔ inAɔws pɔsin pas tru di yus ɔ misyuE di wil * an fɔ yuE di fri wil we >ɔd dɔn gi dɛn fɔ luk fɔ am, ɛn afta dat dɛn go mɔs fɛn am

! i disaypul fɔ mɛmba se i rili impɔtant fɔ de wit gud pipul dɛn we gɛt gud tin fɔ du ɛn we de ɛp fɔ mek i gɛt maynd, fɔ mek i want fɔ du mɔ, ɛn fɔ mek i ebul fɔ no mɔ

^^^ 2

! i tiCha Paramahansa bin tɛl wan grup we na in disaypul dɛn se1

A dɔn gi yu mi lɔ: we nɔ gɛt ɛni kɔndishɔn ɛn we nɔ gɛt ɛnitin fɔ du wit am, ɛn a shɔ se a dɔn gɛt yu lɔ: bak

^^^ 2

+ɔm pan di pipul dɛn we a dɔn sabi na mi layf bin gɛt ɔl di tin dɛn we a bin tink se a go want, bɔt stil dɛn nɔ bin gɛt gladi at fɔ du wetin dɛn want

A bin luk fɔ >ɔd fɔs ɛn a si se ,n gladi at we de nyu ɔltɛm de mek ɔltin we pɔsin want ɛn ful/ɔp di sol wit gladi at ɛn satisfay, ɛn i at fɔ si pas ɛni gladi at ɔ tɛmteshɔn we de

^^^ 2

Pɔsin nɔ fɔ tamper wit ɔda pɔsin in at ɔr mes wit in flin, bikɔs na di at na di sɛnt fɔ flin, ɛn bikɔs imɔshɔnal kɔmplikeshɔn kin mek di at fl wɔri ɛn distɔb

^^^ 2

Pɔsin fɔ luk insay insɛf fɔ no di difrɛn kwaliti dɛn we in pɔsin gɛt

+ɔm pipul dɛn lɛk fɔ rayt, ɔda wan dɛn kin lɛk fɔ kɔmpoE myuEik ɔ dans ɛn siJ, ɛn sɔm kin lɛk fɔ wok pan faynans ɛn ikɔnomi, ɛn ɔda tin dɛn

Bɔt i sɔri fɔ no se, sɔm pipul dɛn de we lɛk fɔ mek pipul dɛn de tɔk to pipul dɛn ɛn fɔ tɔk bad bɔt ɔda pipul dɛn, ɔ fɔ fɛt ɛn fɛt

Pɔsin nɔ fɔ tray fɔ Chen@ in gud kwaliti dɛn, bɔt i fɔ pul dɛn tin dɛn we i de du we i nɔ want we de mek i nɔ gladi ɛn rigrɛt bikɔs ɔf dat

^^^ 2

Abnɔmal saykolo@ik atakshɔn1

!i wan dɛn we dis sik dɔn sɔfa kin bi wan say we dɛn de tray fɔ gɛt gladi at Bikɔs dɛn bili: se gladi at de pan fɔ gɛda @ɛntri, fɔ gɛt nem, ɔ fɔ gɛt wɛlbɔdi ɔ pawa, dɛn kin sakrifays ɔltinKhɛlth, gud nem, pis na dɛn maynd, ɔnɔ, ɛn rɛspɛktKna di ɔlta we dɛn want fɔ gɛt we de bɔn u let, dɛn kin no se na balans layf nɔmɔ, we de rɛspɛkt di lɔ dɛn fɔ di tin dɛn we >ɔd mek ɛn di tin dɛn we >ɔd de tɛl pɔsin fɔ du, ɛn i de mek di wok we pɔsin de du wit kol at, gri, i kin mek pɔsin gɛt tru tru gladi at ɛn i kin mek pɔsin du wetin i want fɔ li: fayn layf

!i wan dɛn we de sɔfa wit di sik we dɛn kɔl unhealthy attaChment disorder kin it wit tin dɛn we dɛn kin tink bɔt we dɛn nɔ ebul fɔ kɔntrol dɛnsɛf, ɛn dis kin mek dɛn nɔ de si layf di we aw dɛn de si am ɛn we nɔ fayn Fɔ ɛgEampul, wan biEnɛsman bin gɛt bɔku sakrifays ɛn gɛda bɔku bɔku mɔni, bɔt bifo i ebul fɔ ɛn@ɔy in @ɛntri, i bin gɛt wan ner:ɔs brok bikɔs i bin de wɔri ɛn fred bad bad wan, ɛn i day wit at pwɛl W " ek >ɔd kɔmfɔt yuX2

#da pipul dɛn bili: se ɔltin kin alaw fɔ mek dɛn ebul fɔ riCh di gol Bikɔs ɔf dis kɔnfyushɔn, dɛn kin mis dɛn tru tru ɔb@ɛkti: ɛn dɛn nɔ kin ebul fɔ gɛt i:in di smɔl satisfayshɔn, ilɛksɛf dɛn gɛt dɛn tin dɛn we dɛn bin dɔn rili want, bikɔs mɔtalman in nature big ɛn gɛt bɔku bɔku tin dɛn ɛn i nid fɔ gɛt balans di:ɛlɔpmɛnt pan ɔl di lɛ:ul dɛn

kol we de na yu maynd

!is sik gɛt ɔda nem1 pwɛl hat Pɔsin nɔr kin ɛ:a no ustɛm i go kam ɛn sɔfa in sik wae de mɛk pɔrsin fl bad, lɛk wae i nɔr gɛt op, nɔr kin ebul fɔ bia wit am, i kin wɔri, ɛn i nɔr kin gɛt peshɛnt pas ɔl na dat, bɔrku tɛm i kin te, ɛn bɔrku tɛm di wan dɛm wae i kin gɛt kin kam bak kwik kwik wan, i:in if dɛn bili: se dɛn dɔn wɛl

+aykolo@ik katarɔ

!is sik kin kam bikɔs dɛn de tink bɔt tin dɛn we de mɔna dɛn na di wɔl we nɔ de dɔn !i wan dɛn we de sɔfa kin nɔ de yuE dɛn wil pawa ɛn dis kin mek dɛn nɔ de du wetin dɛn de fred ɔltɛm instead fɔ kɔfrɛnt dɛn wit maynd ɛn pul dɛn kɔmɔt na dɛn rut

^^^ 2

!i big tin we man ɛn uman kin want fɔ dɛnsɛf na fɔ ɔndastand dɛnsɛf pan >ɔd biEnɛs we de mek dɛn fl fri ɛn we de mek dɛn gɛt fayn fayn kwaliti dɛn lɛk fɔ ɔndastand, fɔ tink bɔt aw dɛn de fl, ɛn fɔ lɛk dɛnsɛf

Bɔt wi fɔ tink se dɛn nɔ go ebul fɔ mek ɔda pipul dɛn gro pan >ɔd biEnɛs

* e pɔsin fl lɛk se i lɛk ɔda pipul dɛn, di kayn we aw i de du gud go mek di wan dɛn we i lɛk we de arawnd am gɛt maynd ɛn i go afɛkt am fayn fayn wan

^^^ 2

>ɔd kin go fɛn di at dɛn we dɛn dɔn klin wit kray wata we dɛn dɔn kray fɔ we dɛn want ɛn we dɛn dɔn layt wit kandul dɛn we gɛt lɔ:

^^^ 2

iCha Paramhansa bin tɛl wan grup we na studɛnt dɛn se1

Nɔ ɛkspɛkt spiritual Aawa ɛ:ride frɔm di gadin na yu layf

rust se >ɔd, we yu dɔn trɔs yu biEnɛs to, go blɛs yu ɛn fulfl yu op dɛn insay di rayt tɛm Naw we yu dɔn plant di sid fɔ di:ayn lɔ: na yu sol in grɔn, mɛn am wit beg ɛn gud tin dɛn, ɛn pul di bad bad gras dɛn we de ambɔg ɛn parasayt we de rawnd am1 di gras dɛn we de mek yu gɛt dawt, we yu de bost, ɛn we yu de lɛf fɔ du tin

* e oli tin dɛn we pɔsin kin si kin gro, mɛn dɛn ɛn wata dɛn wit di wata we de mek pɔsin want fɔ du sɔntin ɛn we gɛt fet, ɛn wan mɔnin yu go gladi fɔ si di blɛsin Aawa we de mek pɔsin no yusɛf

^^^ 2

* i nɔ fɔ ɛ:a fɔgɛt di big big pɔsin we wi lɛk we ayd biɛn ɔl di wan dɛn we wi lɛk ɛn padi dɛn, ɛn wi nɔ fɔ mek di lɔ: fɔ di tin dɛn we de apin na di wɔl we nɔ de te, tek o:a wi at, we fɔ bit wit di di:ayn lɔ: we go de sote go, we nɔ gɛt ɛni ikwal ɛn we nɔ gɛt lɔ: we de pas am Bikɔs we di:ayn lɔ: gɛt di at, kwayɛt kin setul insay am ɛn di gladi at we di sol gɛt kin ful/ɔp am

! i skripChɔ dɛn ad:ays mɔtalman fɔ tink bɔt >ɔd, fɔ put dɛn maynd insay am, fɔ gi ɔltin to am, ɛn fɔ

wɔship am wit ɔl dɛn at, we nɔ de mek lɛk se dɛn de mek lɛk se dɛn de du am ɔ mek ipokrit Fɔ no se >ɔd fɔ bi di men gol fɔ layf !i wok dɛn we wi fɔ du na di wɔl nɔ go ebul fɔ du am if di pawa dɛn we >ɔd dɔn gi mɔtalman nɔ ɛp am

Nɔtin nɔ de na pɔsin in layf we dɛn fɔ tek as impɔtant pas >ɔd ,f pɔsin rili bisin bɔt >ɔd ɛn du in spiritual duty to am, in sikɔstɛms go impɔtant pan ɔltin, ɛn i go fl sef ɛn sef pan ɔl we ɔltin de arawnd am

^^^ 2

Pɔsin nɔ fɔ pwɛl ɔda pipul dɛn rayt, ɔ tek in land, pis, lɔ:, rɛspɛkt, ɔ ɛnitin we i gɛt wit in prɔpati ɛn gud abit dɛn

,f yu nɔ fl di want fɔ tek wetin nɔto yu yon, wetin yu nid ɔ want go kam to yu if fɔs de tek rut na yu maynd we pɔsin bigin fɔ @ɛlɔs ɔda pipul dɛn !i sid dɛm fɔ maliCious desire fɔ kɔmɔt na di maynd

+piritual altruism na di rod den pɔsin go naturally atrak bɔku tin, ɛn blɛsin go Aɔ to dɛn frɔm sɔs dɛm we dɛn sabi ɛn sɔs dɛm we dɛn nɔ no Na infallible di:ine law As fɔ tifman ɛn pipul dɛm we de tink bɔt dɛnsɛf nɔmɔ, dɛn de spɛn dɛn layf de rɔnata matirial prɔpati dɛm, dɛn yay ɔltɛm pan wetin ɔda pipul dɛn gɛt, i:in if dɛn yon kɔfr de ful/ɔp wit gold

,f dɛn nɔ lɛf fɔ bisin bɔt prɔpati, di wɔl nɔ go ebul fɔ no gladi at

^^^ 2

Afta sɔm ia we dɛn dɔn mared, bɔku bɔku man ɛn uman dɛn kin aks dɛnsɛf se1

7 * ea wi lo: goG7

!i ansa fɔ dɛn pipul ya na1 !i faya we bin de mek pipul dɛn fl bad pasmak bin bɔn am ɛn i bin @ɔs bisin bɔt insɛf nɔmɔ ɛn i nɔ bin de rɛspɛkt am

* e dɛn dak kwaliti dɛn ya kam insay di at, lɔ: kin tɔn to ashis

* e man ɛn uman de trit dɛnsɛf bad, dɛn kin pwɛl dɛn gladi at togɛda sote go

" an fɔ ɛp uman fɔ sho in gud kwaliti dɛn ɛn mek i f l se i nɔ de wit am @ɔs fɔ mek i du wetin i want, bɔt i fɔ de wit am na di rod, we i gɛt rɛspɛkt ɛn tɛnki fɔ, ɛn we i tek as pɔsin we de sho di ay ay tin dɛn na layf

%man dɛn fɔ luk man dɛn di sem we

^^^ 2

,f yu put di rɔng kayn fɛtilayEa pan di rut dɛn na tik, di frut go smɔl ɛn i go stɔp +emweso, we pɔsin de it di tik fɔ padi biEnɛs wit f lin fɔ insɛf, di tin dɛn we dɛn nɔ f t fɔ du kin Chen@ ɛn pwɛl di frut dɛn fɔ da padi biEnɛs de

Fɔ intres pan pɔsin @ɔs bikɔs i @ɛntri ɔ i gɛt pawa ɛn i ebul fɔ du sɔntin fɔ wi, wi nɔ go ebul fɔ kɔl am padi biEnɛs +emweso, fɔ atrak pɔsin bikɔs ɔf in fayn fayn fes nɔto padi biEnɛs sɛf * e da fes de lɔs in yɔJ, kapChɔ Charm, di 7padiship7 go dɔn ɛn bi tin we dɔn pas

^^^ 2

! i gud tin dɛn we nobul pipul dɛn kin du fɔ ɛp ɔda pipul dɛn nɔ fɔ bi fɔ mek pipul dɛn gɛt nem ɛn fɔ mek dɛn gɛt nem ɔ fɔ satisfay di ego, bɔt ɔl di tin dɛn we dɛn de du fɔ du bikɔs dɛn lɛk >ɔd ɛn fɔ mek dɛn gladi fɔ am

^^^ 2

! i wan dɛn we lɛk fɔ tɔk bad bɔt ɔda pipul dɛn, fɔ tɔk bad bɔt ɔda pipul dɛn, ɛn fɔ tɔk bad bɔt ɔda pipul dɛn nɔ go ɛ:a no di gladi at we dɛn kin gɛt we dɛn de ɛp ɔda pipul dɛn wit wɔd dɛn we de ɛnkɔre@ dɛn ɛn ad:ays dɛn we gɛt sɛns Fɔ kɔndɛm bad bad wan, dat kin mek di pɔsin we du bad nɔ gladi ɛn i kin mek dɛn :ɛks

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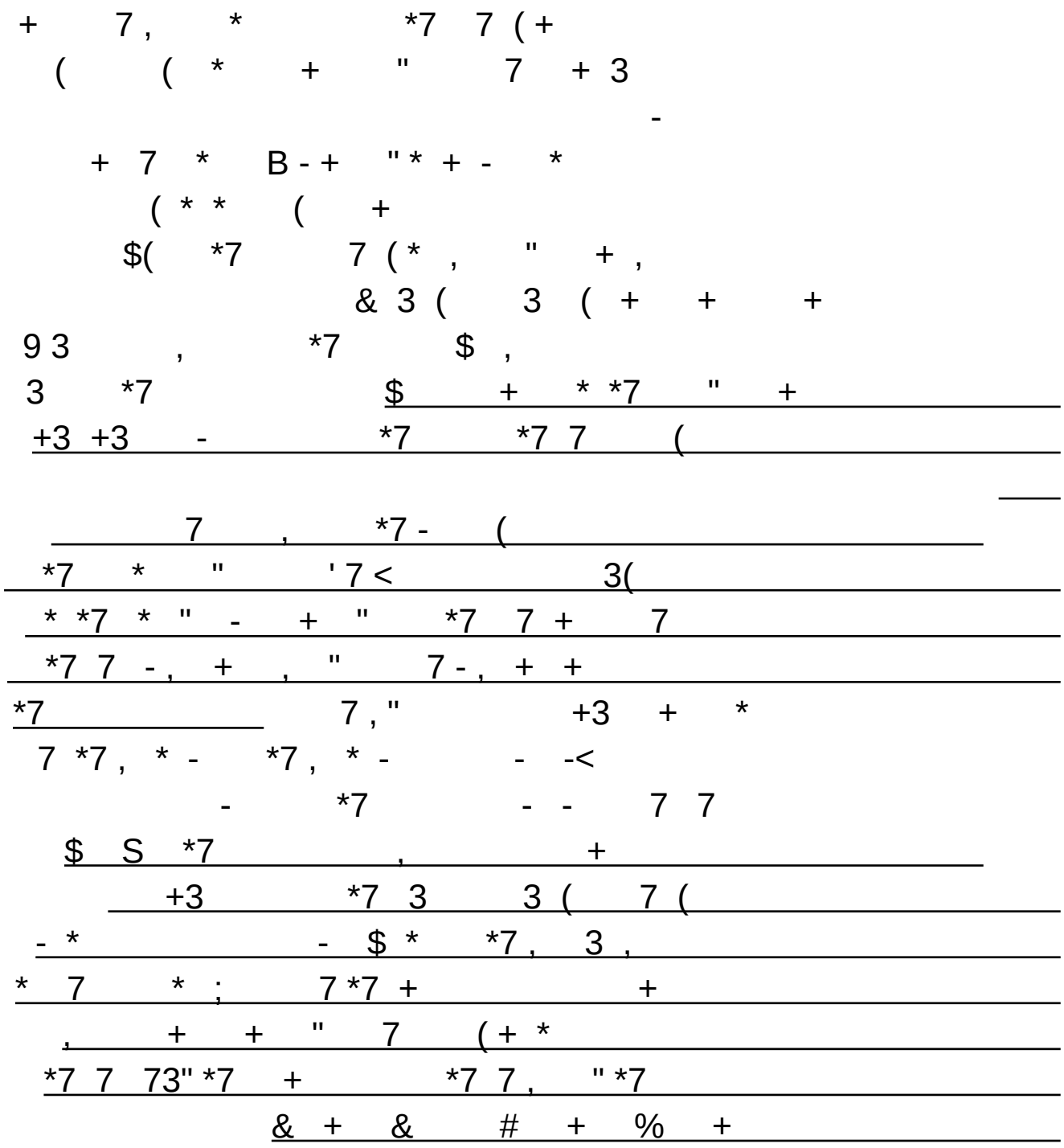

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